OTTAWA metro®

NEWS WORTH SHARING.

GAGA FREE

LIVE 88·5 FM

EGGCELLENT TRICK

COMBINE EASTER AND APRIL FOOL'S IN ONE FELL SWOOP WITH THESE FAUX CHOCOLATE EGGS PAGE 17

You can't mess with the synth

Depeche Mode member says band won't be tinkering with old songs while touring their new, bluesy-sounding album PAGE 15

Myanmar city visited by UN

Special adviser says religious leaders calling for peace in Meikhtila, where 10,000 were displaced by recent violence PAGE 12

City reboots climate plan

Roundtable. More than 100 turn out for full-capacity climate-change discussion

ALEX BOUTILIER
alex.boutilier@metronews.ca

The City of Ottawa will develop a new climate-change management plan by the second half of 2014, refreshing an expired plan prepared in 2004.

The city's environmental services department will be responsible for penning a new air-quality and climate-change plan, but it's not clear what resources will be devoted to the file.

Dixon Weir, who manages the department, said the plan will be developed along with ongoing reviews of the city's major planning documents. "We're allowing those major planning initiatives to roll through, to address some of these issues, and then we'll gather that up as part of the climate-change action plan and an adaptive plan in 2014," Weir said Saturday in an interview following a greenhouse-gas roundtable that was organized by the city.

Asked who will spearhead the new plan, Weir said: "We have the skills and the knowledge necessary to do the work. Yes, we're very comfortable with that."

The last climate-change plan, tabled in 2004, set targets to reduce both corporate (from municipal operations) and community (from cars, buildings) emissions by 20 per cent below 1990 levels by 2012. It's widely believed that the city failed on both targets.

The new plan is expected to have updated emission targets, using 2004 as a baseline. An updated report on greenhouse-gas inventories for the city is also expected in early 2014.

Quoted

"I think we have to query whether this has led to action, or whether this is a feel-good exercise."

Angela Keller-Herzog, conference participant

BATTLE BACK TO BRONZE

Ottawa Curling Club's Rachel Homan, Emma Miskew, Alison Kreviazuk and Lisa Weagle pose after receiving their bronze medals for Canada at the world women's curling championship in Riga, Latvia, on Sunday. Homan defeated her American opponent after losing an earlier game to secure her team's podium standing. Story, page 25. ANDREW VAUGHAN/THE CANADIAN PRESS

MY VISION IS WORTH $_____.

We know your vision is priceless.

But it doesn't have to be costly.

Say goodbye to glasses and contacts with laser vision correction **starting at $490/eye***

Find out how we do it at lasikmd.com
Free consultation: 1-877-769-3030

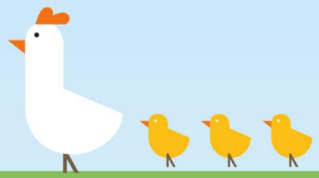
LASIK MD VISION

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

porter
flying refined

It's an eggs-traordinary offer – save up to 50% off base airfares.

Easter always gets us eggs-cited. To help make Easter even better, Porter is offering up to 50% off base airfares. That means you can enjoy our legendary inflight service and ultra-comfy seats without frying your budget. Book by March 28, 2013.



Flights from Ottawa: Book by March 28, 2013. Travel by September 3, 2013. Advance purchase of up to 14 days is required. One-way fares include all taxes, surcharges and mandatory fees.* Fares starting from:

HALIFAX 5 x daily	MONCTON Daily	ST. JOHN'S 4 x daily	TORONTO 18 x daily	QUÉBEC CITY	SAULT STE. MARIE	SUDBURY	THUNDER BAY	TIMMINS
$166 Includes all taxes/fees	$150 Includes all taxes/fees	$203 Includes all taxes/fees	$101 Includes all taxes/fees	$146 Includes all taxes/fees	$152 Includes all taxes/fees	$145 Includes all taxes/fees	$152 Includes all taxes/fees	$152 Includes all taxes/fees

WINDSOR	BOSTON	CHICAGO	MYRTLE BEACH	NEW YORK	VERMONT Service ends April 8	WASHINGTON Dulles
$152 Includes all taxes/fees	$173 Includes all taxes/fees	$189 Includes all taxes/fees	$254 Includes all taxes/fees	$172 Includes all taxes/fees	$195 Includes all taxes/fees	$172 Includes all taxes/fees

Book online or contact your travel agent.

flyporter.com

porter Escapes

Limited availability. Vacation packages from Ottawa. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees. For full package listings and availability, please visit our website.**

★★★+ **HALIFAX**
$570
Delta Halifax
Delta Room
Dept. June 1, 3, 4 ; 2 nights

★★★+ **ST. JOHN'S**
$541
Courtyard by Marriott
Standard Room
Dept. May 31; 2 nights

★★★★ **TORONTO**
$363
Sheraton Centre
Traditional Room
Dept. April 26, 27 ; 2 nights

★★★+ **WASHINGTON, DC**
$487
Liaison Capitol Hill
Deluxe Room
Dept. May 11, 16 ; 2 nights

Fly to and from Washington Dulles.

Book packages online, contact your travel agent or call 1-855-372-1100. TTY – Dial "711".

porterescapes.com

* Book by 11:59 pm Eastern Time March 28, 2013. Travel by September 3, 2013. Up to 14-day advance purchase may be required. Advertised fares are subject to availability and may not be available through the entire travel period. Discount applies only to the base airfare and does not apply to fees, taxes or surcharges. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $20 second-checked bag fee and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Contact your travel agent or Porter Airlines for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Flights are round-trip via Porter Airlines from Billy Bishop Toronto City Airport. Packages include return airfare, all taxes, surcharges and mandatory fees. Airfare discount is already included in the advertised package price. Prices will vary for alternate flight times on advertised dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.

tico.ca
Travel Industry Council of Ontario

Building's partial collapse falls outside of construction zone

Workers. No injuries were reported, city building inspector was called to the scene

ALEX BOUTILIER
alex.boutilier@metronews.ca

The historic Ogilvy's department-store building suffered a partial collapse Saturday while crews were working to demolish the interior.

The construction site at 126 Rideau St. was fenced off Sunday, and Nicholas Street between Rideau and Besserer streets has been closed until further notice. Rideau Street has been reduced to one eastbound lane between William and Nicholas streets.

Fire crews were called to the building just after 5:30 p.m. on Saturday after receiving reports of a partial collapse at the building.

All workers inside the building had been evacuated safely by the time crews arrived.

According to Ottawa Fire Services, a section of a wall had collapsed within the construction zone, but some bricks had pushed a safety wall out onto the sidewalk. No injuries were reported, and a city building inspector was called to the scene.

The former department store was built in 1907 for businessman Charles Ogilvy.

The facades were granted heritage designation by the City of Ottawa in 2000.

Rideau Centre owners Cadillac Fairview are in the midst of a $150 million expansion of the mall, of which the Ogilvy's building will be a part. Or at least the facades — the rest, not enjoying heritage protection, is in the process of being demolished.

A security guard sits in a car outside the Ogilvy building. A section of the structure's facade collapsed on Saturday.
ALEX BOUTILIER/METRO

Bus-arrival board hits Centretown shop

Ryan Androsoff, one of the developers behind the digital board. METROLAND NEWS SERVICE

Local software developers beat the city by a year by putting a digital board displaying bus arrival times at a Centretown coffee shop.

If Ryan Androsoff and Sean Kibbee are successful in expanding their company, Beyond 2.0, and putting more boards in Ottawa businesses, they will also be the first entrepreneurs to build a business based on the city's open-data program.

Their display is in a Treats coffee shop at the corner of Albert and Kent streets.

"It occurred to us if you're sitting in a coffee shop, it would be great if you could look over at the wall and find out when the next bus is coming, especially in an Ottawa winter, so you don't have to wait in the cold," Androsoff said. "Sean and I are both transit users and we both deal with that in our daily commutes."

It's a win-win, said shop owner Adib El-Khoury, who said people come in to check arrivals and buy a coffee while they wait inside.

Nepean resident John Scanlon said the board is one reason he goes to the shop.

"I quite like it," he said. "It lets me know if I have to scarf down my food."

The city began making data on everything from bike lanes to flu-clinics available in 2010. OC Transpo GPS data came last year and hobbyist developers made a number of apps using the information.

Kibbee was one of those developers. He and Androsoff began talking about the board last fall, but really got down to work in January, Androsoff said. They plan to enter their idea in a city-run Apps 4 Ottawa contest.

Adding the bus-location capability to existing digital displays in places like doctors' offices is another possibility, Androsoff said. Businesses can go to beyond20.ca to register to be considered for future bus arrival boards locations.

LAURA MUELLER/
METROLAND NEWS SERVICE

Sunday marked the ninth year that the rink at Scotiabank Place has opened up to hundreds of female minor hockey players for a daylong hockey camp. One Olympic medallist acting as coach marvelled at how much things had changed for girls hockey. But perhaps most astonishing is that in many ways, from the perspective of the young players, nothing has changed at all.

TEXT AND PHOTOS BY SEAN MCKIBBON/METRO
ottawa@metronews.ca

5 Girls HockeyFest highlights

1 From two to 300 girls

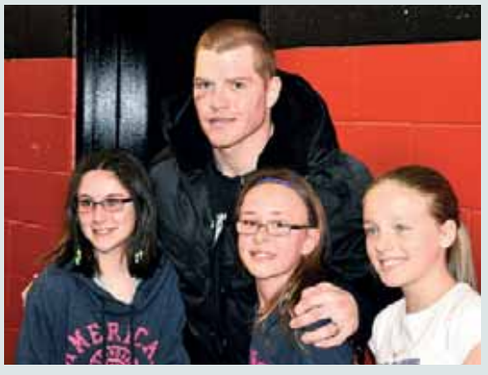
Three hundred girls aged seven to 14 descended on the ice. They skated hard and learned from two of Canada's top female hockey players, two-time Olympic gold medallists Cassie Campbell-Pascall and Sami Jo Small. "It's really overwhelming to see how much things have changed," said Campbell-Pascall, 39, who recalled only one other girl going with her to hockey camp when she was little.

2 Meeting Canadian idols

A HockeyFest participant talks with Campbell-Pascall during a wrist-shot clinic.

3 Rubbing shoulders with NHLers

Ottawa Senators right-winger Chris Neil poses with some players from the Cornwall Typhoons.



4 Smells like team spirit

Players join in a cheer with Small and an Ottawa Gee Gees women's hockey team member before a stick-handling seminar.

5 The 'big boys' finally take notice

Campbell-Pascall watches as players perform their hockey drills. "When would you have seen an NHL team open its doors for a girls hockey camp 20 years ago? The big boys, so to speak, are starting to really care about women's hockey," said Campbell-Pascall.

SAFETY THE HOUSE
SALE UP TO 80% OFF ON BRAND ITEMS
SALE ENDS MARCH 29, 2013
carhartt Timberland Dickies KODIAK TERRA
1922 Merivale Rd. • 613.224.6804 • safetyhouse.ca

20 to 40 feet down

Fall leaves boy with leg injury

A teenage boy was taken to hospital Sunday afternoon after falling between 20 and 40 feet down a ravine east of Orléans.

Paramedics and fire services officials were called to a wooded area near Trimm Road and Watters Road just before 1:29 p.m. Sunday.

The boy, who firefighters say is 16 years old, fell down the ravine and suffered a non-life-threatening leg injury.

ALEX BOUTILIER/METRO

62-year-old arrested

Man charged for sex assault on OC Transpo bus

A man has been charged following a sexual assault on an OC Transpo bus Thursday.

The alleged victim says that at 11:30 a.m. on Thursday a man sat beside her on a bus in the city's east end and assaulted her. Police have charged 62-year-old Nasri Georges with one count of sexual assault. He will appear in court April 16. GRAHAM LANKTREE/METRO

Garage blaze

Fire destroys home west of city

A heavy blaze at a home on Torbolton Ridge Road had firefighters on the defensive Saturday night.

Just before 6 p.m. on Saturday, Ottawa Fire Services received a report of a garage fire at 4738 Torbolton Ridge Rd., west of the city. While en route to the fire, firefighters received an update indicating the blaze had spread to the house.

ALEX BOUTILIER/METRO

Hurry! March 25–April 1 only.
Installation within 24 hours
for TV and Internet.

This week, it pays to be a fan.

GET A CREDIT OF UP TO $150

WHEN YOU SWITCH TO ROGERS DIGITAL TV, INTERNET OR HOME PHONE BEFORE THE HOME OPENER[1]

- Watch the *Toronto Blue Jays*™ live on your laptop, smartphone or tablet[2] with *Rogers Anyplace TV*.™ You can't do that with Fibe™
- Get a superior TV experience with NextBox™ 2.0
- Get the fastest high speed internet[3]

CALL 1 855 276-2870 CLICK rogers.com/openersale VISIT your local Rogers retail store

ROGERS™

Offer available within Rogers cable service area (where technology permits) in Ontario and subject to change without notice. **1** Applicable to new activations only between March 25 - April 1 at any Rogers retail or dealer location. One-time bill credit of $50 applied (to customer's 2nd or 3rd invoice) for each eligible service subscribed to (home phone, internet and/or digital TV) up to max. $150. Installation (for digital TV and internet) scheduled for within 24 hours of activation. If customer is unavailable at appointed time, a later date will be scheduled. **2** Desktop/Laptop: Available in Canada with an internet connection. Programming content differs depending on level of Rogers subscription. Charges apply for some On Demand content. For more information, visit RogersAnyplaceTV.com. Tablet: Rogers Anyplace TV Tablet app available to Rogers customers with a compatible device. See applicable app store for eligibility. Data charges may apply. Content availability dependent on customer's cable subscription. Smartphone: Compatible device and Rogers wireless data plan required. Rogers Anyplace TV app downloadable from applicable app stores. A recurring $5/mo charge will apply if using the Rogers wireless network for 10 hours content viewing during applicable month (no carry over) and overage of $1/hr applies thereafter (overage waived for limited time). Data charges may apply while viewing content. Some content availability dependent on customer's cable subscription. Visit rogers.com/mobiletv for details and compatible devices. **3** Within Rogers cable serviceable area. Speeds may vary with Internet traffic, server, gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. Also see the Acceptable Use Policy at rogers.com/terms. Modem set up: the system is configured to maximum modem capabilities within Rogers own network. ™TORONTO BLUE JAYS and all related marks and designs are trademarks and/or copyright of Rogers Blue Jays Baseball Partnership. Used under license. © 2013 Rogers Communications.

Semantics. Definition of 'bullying' a tough choice for Canadian lawmakers

Provinces introducing laws to crack down on school bullies are taking different approaches as they decide where to draw the line between chronic abuse and a one-time insult or slight.

There are also questions, as in Manitoba, as to whether legislation will have any effect. That province's proposed law does not require principals to hand down specific penalties or even report bullying to parents or authorities.

Much of the debate has focused on the exact definition of bullying.

The definition under a bill now before the Manitoba legislature is so general, it could make bullies out of any student, argue the Opposition Progressive Conservatives.

"It's so vague ... that it will either be unenforceable or enforced arbitrarily," said education critic Kelvin Goertzen. "It's going to make bullies out of a whole lot of people."

The province's education minister said the wording is broad partly so that school principals and others could use their own experience to address specific incidents.

Goertzen says the anti-bullying proposal's vague definition, lack of a mandatory penalty and lax reporting requirements make it "one of the weakest in North America." THE CANADIAN PRESS

Provincial definitions

- **Ontario.** Causing or intending to cause physical or emotional harm, damaging another's property or creating hostility.
- **Quebec.** Repeated behaviour involving a power imbalance that causes distress and "hurts ... intimidates or ostracizes."
- **Manitoba.** Proposed definition is broad enough to include a single intent to cause hurt feelings.

China. Singer and WHO ambassador ends chain of reclusive first ladies

An internationally popular first lady could help soften China's sometimes abrasive international image. IVAN SEKRETAREV/THE ASSOCIATED PRESS FILE

New first lady Peng Liyuan has emerged as Chinese diplomacy's latest star, charming audiences and cutting a very different profile from her all-but-invisible predecessors on her debut official visit to Russia.

A celebrated performer on state TV, Peng featured prominently in Sunday's Chinese media coverage of husband and president Xi Jinping's activities in Moscow.

Peng, 50, largely retired from public life after Xi was made China's leader-in-waiting in 2007, but in recent years has won new acclaim as an ambassador for the World Health Organization. She has done work on tuberculosis and HIV/AIDS, diseases that still carry considerable stigma in China.

Peng holds the largely honourary rank of major general in the People's Liberation Army and is best known for her renditions of patriotic odes, often while wearing full dress uniform. THE ASSOCIATED PRESS

24-year absence

Giant pandas to get giant welcome

The Toronto Zoo will begin hosting one male and one female panda on Monday, just over a year after the creatures were officially loaned to Canada by the Chinese government.

The pair will call Toronto home for five years before being relocated to the Calgary Zoo. Prime Minister Stephen Harper will be on hand to greet the new arrivals, the first pandas to visit Canada in 24 years. THE CANADIAN PRESS

24th anniversary

Ad links pipelines with Exxon Valdez

A B.C. First Nations group is launching an anti-pipeline commercial to mark the 24th anniversary of the Exxon Valdez oil spill.

Art Sterritt with Coastal First Nations says the spill is proof oil tankers don't belong in B.C. waters because the toxin still lingers in the ocean. THE CANADIAN PRESS

Liberal leadership

Trudeau crushing rival fundraising

If money talks, then it's saying Justin Trudeau has a lock on the federal Liberal leadership.

Trudeau is the only contender whose financial report is not yet on the Elections Canada website. But his team has said it will show just over $1 million, with another $300,000 still being processed.

That's more than double what the other five contenders have raised combined. THE CANADIAN PRESS

Environmentalism

Earth Hour 2013: Canadian review

Canadians joined millions around the globe to mark Earth Hour on Saturday.

The agency that coordinates Ontario's electricity said there was a 2.7 per cent drop in demand in the province — more than the average peak energy needs of a city the size of Burlington. THE CANADIAN PRESS

WestJet's spring savings sale.

Save on flights to Canadian and sun destinations.
Save on vacation packages to sun destinations.

Book by: March 26, 2013* **Travel until**: June 27, 2013

How to get this deal: For Canadian destinations travel on Tuesdays, Wednesdays, Thursdays and Saturdays. For U.S. destinations travel on Mondays, Tuesdays, Wednesdays and Saturdays. For Mexico and Caribbean destinations travel on any day of the week where WestJet offers scheduled service.

Remember, WestJet Rewards members earn WestJet dollars® on sale fares, too.†

Book your flights or vacation package at **westjet.com**.

WESTJET

*Seasonal start and end dates apply and are indicated in the booking flow. Book by March 26, 2013 (11:59 p.m. MT) for travel until June 27, 2013. For Canadian destinations, travel on Tuesdays, Wednesdays, Thursdays and Saturdays. For U.S. destinations, travel on Mondays, Tuesdays, Wednesdays and Saturdays. For Mexico and Caribbean destinations, travel on any day of the week where WestJet offers scheduled service. Fares and package prices on other days may be higher. Flights may not operate on certain days. Seat sale fares are discounted from WestJet's lowest regular fare, apply only to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our codeshare, interline or other airline partners. Sale vacation packages are discounted by a reduction in the price of the air component of the package. For flights, fuel surcharge between $22-$45 per direction still applies to Air Miles™ redemption bookings. For vacation packages, fuel surcharge between $44-$90 round-trip still applies to Air Miles™ redemption bookings. Advance purchase required. Seats at these fares are limited and may not be available on all flights. Offer limited and subject to availability. New bookings only. Non-refundable. Other restrictions may apply. See westjet.com for full seat sale details. †WestJet dollars are awarded on all published fares for WestJet marketed flights and WestJet Vacations packages, excluding taxes, fees and surcharges. For more details, visit westjet.com/rewards. ®Registered trademark of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.**

CELEBRATE WORLD WATER DAY, TAKE PART IN AN EXCLUSIVE ONE-TIME PRODUCTION

IMAGINED BY CIRQUE DU SOLEIL.

One Night for ONE DROP was performed only once, last Friday in Las Vegas. But you can watch this exclusive performance online until March 31. Order now with a $5 donation or more to ONE DROP.

ONE NIGHT FOR ONE DROP

ORDER AND WATCH AT ONEDROP.ORG

ALL PROCEEDS WILL GO TO ONE DROP.
IN SUPPORT OF WATER FOR ALL, TODAY AND FOREVER.

Former Pakistan president Pervez Musharraf arrives at Pakistan's Karachi airport on Sunday, ending more than four years in self-exile as he seeks a possible political comeback. SHAKIL ADIL/THE ASSOCIATED PRESS

Musharraf returns from exile to lukewarm welcome

Welcoming party. Less than 2,000 at airport, compared with the hundreds of thousands when Benazir Bhutto returned in 2007

Former Pakistan president Pervez Musharraf returned home Sunday hoping to make a political comeback despite Taliban death threats and looming arrest warrants. But judging by the lacklustre crowd at the airport to greet him, his biggest challenge could be his waning popularity.

After years on the margins of Pakistani politics, Musharraf is seeking to rebuild his image, hoping to capitalize on an electorate frustrated with five years of rising inflation, rolling blackouts and security problems.

His return to Pakistan was made easier when a court in Sindh province where Karachi is located granted him preemptive bail, which essentially meant he could not be arrested immediately upon landing. But he must appear before a court within 10 days.

THE ASSOCIATED PRESS

FOR MORE INFO GO TO WWW.SALEEVENT.CA

WAREHOUSE SALE

MEDICAL SCRUBS
OVER 5,000 PIECES IN STOCK
$16.99 EA. OR 2 for $30
Dickies CHEROKEE ADAR

BRING IN YOUR GENTLY WORN, USED SCRUBS FOR DONATION AND RECEIVE AN ADDITONAL 10% OFF NEW SCRUBS.
*We reserve the right to limit quantites. Details available in store.

WHERE: Nepean Sportsplex
1701 Woodroffe Ave. Curling Rink
WHEN: Thursday, March 28 to Monday, April 1
OPEN EASTER WEEKEND
FREE PARKING!
FREE ADMISSION!
HOURS: Thursday 9am - 9pm
Friday 9am - 9pm
Saturday 9am - 6pm
Sunday 10am - 5pm
Monday 9am-6pm
VISA Interac MasterCard CASH
5 DAYS ONLY

FOR MORE INFO GO TO WWW.SALEEVENT.CA

Turn your everyday purchases‡ into cash back.

Get up to 4% cash back[1].

- 4% cash back at gas stations and grocery stores
- 2% cash back at drug stores and on recurring bill payments
- 1% cash back on everything else

Get up to $300 cash back[2] every year.

- 1% cash back on debit purchases
- Unlimited self-service transactions

scotiabank.com/cashback

You're richer than you think®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia. ™Trademark of The Bank of Nova Scotia. †Trademark of Interac Inc. used under license. *VISA Int/Lic. user The Bank of Nova Scotia. Bank note images used and altered with permission of the ©Bank of Canada. ‡Purchase returns, payments/deposits, cash advances/withdrawals, *Scotia*® Credit Card Cheques/account cheques, credit vouchers, card/account fees, interest charges or service/transaction charges do not qualify for *Scotia Momentum* cash back or *MoneyBack*; pre-authorized debits that are set-up on your *Scotia Moneyback* account do not qualify for cash back. [1] You will earn 4% cash back on the first $25,000 you spend annually at VISA merchants classified in the VISA network as Grocery Stores & Supermarkets, Service Stations (with or without ancillary services) and Automated Fuel Dispensers (Merchant Codes: 5411, 5541, & 5542). You will earn 2% cash back on the first $25,000 you spend annually at VISA merchants classified as Drug Stores & Pharmacies (Merchant Code: 5912) and Recurring Payments. These added benefits will not apply to merchants located on the premises of these merchants but who are classified by VISA in another manner. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Not all merchants offer recurring payments. You will earn 1% cash back on purchases made after you have reached the 4% $25,000 annual spend maximum and/or the 2% $25,000 annual spend maximum and on all other purchases made with the card. [2] Receive 1% cash back on the first $30,000 spent annually on qualified purchases using the ScotiaCard banking card. Conditions apply. Visit scotiabank.com/moneyback or a Scotiabank branch for full details.

No foul play found in unexplained death of Russian tycoon: Cops

Autopsy pending. Boris Berezovsky fell out with Putin and fled to avoid fraud charges he said were politically motivated

British police said Sunday they have no evidence to suggest third-party involvement in the death of Boris Berezovsky, the self-exiled Russian tycoon who went from Kremlin kingmaker to fiery critic.

With an investigation underway, police are treating the death of Berezovsky — who fled to Britain in the early 2000s after a bitter falling-out with Russian President Vladimir Putin — as unexplained. But the former oligarch survived assassination attempts and recently faced financial difficulties, prompting speculation as to whether his death was part of a conspiracy — or suicide.

Boris Berezovsky GETTY IMAGES FILE

Police said Sunday it would be wrong to speculate on how Berezovsky died pending the results of an autopsy.

"We are at the early stages of the investigation and we are retaining an open mind as we progress," said Detective Chief Inspector Kevin Brown.

Police released some details on the circumstances that triggered their investigation into his demise and a check for hazardous materials at the property in Ascot, a town 40 kilometres west of London where Berezovsky's body was found on Saturday. They said an employee of Berezovsky told how he had called an ambulance after becoming concerned for Berezovsky's welfare and forced open a locked bathroom door to find the tycoon's body on the floor.

After a paramedic declared Berezovsky dead and left the scene, a device measuring his exposure to radiation was triggered, which is why chemical and radiations experts were called to examine the property. THE ASSOCIATED PRESS

Controversial, yes; named, no

Viktor Mitic's bullet-riddled portrait of Hugo Chávez will be displayed at the Peach Gallery in Toronto in April, but it is still without a name. He has agreed to let Metro readers suggest names, and he'll choose his favourite. Mitic leaves the interpretation of his controversial art to the public, but another one of his bullet-riddled paintings will soon head to Washington, D.C., for an art show against gun violence. Email your suggestions for the Chávez portrait to jessica.smith@metronews.ca. JESSICA SMITH/METRO

Jamaican coast

Illegal Haitian migrants stopped

Jamaican police say that 33 illegal migrants from Haiti have been intercepted off the island's northeast coast. Fishermen alerted authorities after spotting a rickety boat carrying 20 men, four women and nine children. Authorities say they were trying to get to the U.S. THE ASSOCIATED PRESS

Mayoral elections

Macedonians avoid poll violence

Macedonians voted peacefully in local elections Sunday, boosting hopes the country has turned a page and that the political and ethnic violence that has marred previous vote cycles isn't repeated. Turnout by 5 p.m. Sunday was 57.5 per cent.

The Balkan country hopes that free, transparent and peaceful elections will help it strengthen its case for EU membership. THE ASSOCIATED PRESS

Looking for work?
The Y can help!
Visit one of our Employment Access Centres to learn more:
Central Location
180 Argyle Avenue, 4th Floor
(Taggart Family Y) | T: 613 788-5001
West Location
1642 Merivale Road, 2nd Floor
(Merivale Mall) | T: 613 688-2150
ymcaywca.ca
EMPLOYMENT ONTARIO
YMCA-YWCA of the National Capital Region

Tbooth wireless

Get ready for the hottest March on record

ACTIVATE A

BlackBerry® Z10 at

$99.99*

GET 2ND ONE FOR

$49.99*

Visit a Tbooth wireless location near you

ROGERS

tboothwireless.ca

* Limited time offer. Applicable on a new 3 year term on select plans with Rogers. Subject to change without notice. Some conditions apply. See in-store for details. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. ™Rogers and Mobius Design are trademarks of Rogers Communications, Inc. used under license. ©2013 Rogers Wireless.

Warning: Graphic details.
Couple who tortured man ask for reduced sentences

An Ontario couple who held a developmentally disabled man captive and tortured him while draining his bank account to buy drugs and video-game equipment is asking for lighter sentences.

Dakota Thompson and Stanley Brown were part of a group convicted of aggravated assault and forcible confinement for inflicting horrific injuries on a 23-year-old disabled man over more than two weeks in 2009.

The victim went to the Hamilton apartment where three people in the group lived, thinking they were going to help him look for a missing cellphone.

Instead, the group of people — Thompson, Brown, their roommate and a youth — confined him there for 17 days, burned him with a hair straightener, made him eat feces and drink urine, beat him and poured cayenne pepper into the bath when he tried to wash his wounds.

Brown was sentenced to 13 years and Thompson was sentenced to 10 years.

THE CANADIAN PRESS

Icelanders in Florida

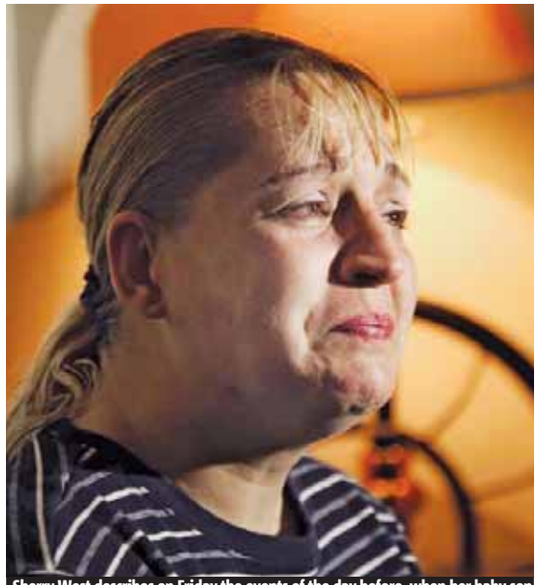
Skydivers killed in weekend jumps

Two skydivers from Iceland who died during weekend jumps at a Florida camp did not deploy their main parachutes, the co-owner of the facility said Sunday.

Deputies found the bodies of a skydiving instructor and a student Saturday after the two didn't return from a jump with a group, setting off an hours-long air and ground search around the facility. Pasco County sheriff's authorities identified the victims as 41-year-old Orvar Arnarson and 25-year-old Andrimar Pordarson.

THE ASSOCIATED PRESS

Mother says she's sure teen suspect killed her baby



Sherry West describes on Friday the events of the day before, when her baby son was fatally shot and she was wounded in Brunswick, Ga. West's 18-year-old son was stabbed to death in New Jersey in 2008. Prosecutors said the stabbing was in self-defence. THE BRUNSWICK NEWS/BOBBY HAVEN/THE ASSOCIATED PRESS

Conflicting stories.
Police lay charges on 17-year-old, but alleged killer's aunt claims alibi

The mother of a baby shot dead in his stroller in Brunswick, Ga., took one look at a teenage suspect's jailhouse mugshot Saturday and said he was definitely the killer. Yet an aunt of the teen said he was eating breakfast with her when the slaying took place.

Despite the conflicting stories, police have charged 17-year-old De'Marquise Elkins with murder, along with a 14-year-old suspect whose name has been withheld because he's a juvenile.

Brunswick police spokesman Todd Rhodes said even though Elkins' aunt provided an alibi, authorities have good reason to bring the charges.

"That's what she's saying, but the evidence we're looking at says something else," Rhodes said, though he would not elaborate.

Sherry West said she was pushing 13-month-old Antonio Santiago in his stroller as she walked home from the post office Thursday morning. She said a teenager, with a younger boy behind him, approached and asked her for money. West said when she told him she had no money the teen drew a gun and said: "Do you want me to kill your baby?"

The gunman opened fire and West was shot in the leg, while another bullet grazed her left ear, she said. She watched helplessly as the gunman shot her son in the face, she said.

THE ASSOCIATED PRESS

Hoping for justice

"My baby will never be back again.... He took an innocent life. I want his life, too."

Sherry West, whose baby was killed Thursday

Ask the Experts

Meet Ottawa's Most Trusted Gold & Silver Buyer

If you don't already know them, then we think it's time for you to meet the Ottawa's fastest growing and most trusted precious metals recycling company - Recycle Frog. This company understands that trading gold for cash may seem like a risky transaction but it assures people it can be a positive and rewarding experience if due diligence is done.

"It's never been more true, this is the perfect time to sell your unwanted gold and silver items," said Matthew MacQuarrie, President, Recycle Frog. "The recent spikes in the market price of gold means that long-forgotten items hidden in drawers can be recycled into record high payouts for people."

Understandably, recent cases of people being cheated by cash for gold services have some consumers worried. The majority of these cases involve mall kiosks and pawnshops though, with customers receiving only a fraction of their items' worth.

Every Recycle Frog transaction starts with a trained evaluation agent examining the items to determine the purity of the metal — 10 karat, 14 karat, sterling silver and so on. With gold items, a resistance tester is used to confirm the purity. Items are grouped and then weighed to determine their value. Recycle Frog's payout prices are updated daily to reflect current spot market prices.

What makes the Recycle Frog experience different is how open and transparent their whole transaction is. From start to finish, the customer is with them every step of the way to see how they test, evaluate, weigh and price the items. They provide an educational and positive experience with none of the typical magic math or tricks the industry has become well known for.

In order to serve its customers best and offer the highest level of convenience, Recycle Frog hosts several public events at venues all across the Ottawa region. People are welcome to come by for a fast, no-cost, haggle-free evaluation. People can also book private appointments at Recycle Frog's Ottawa offices (1150-45 O'Connor St) during regular business hours.

For more information or, to find out about their upcoming events or to schedule an in-office appointment, visit recyclefrog.com or call 613.755.4030.

RECYCLE FROG

1150-45 O'Connor Street | Ottawa, ON K1P 1A4 | 613.755.4030 | recyclefrog.com

Anne Frank's symbol of hope taking root in U.S.

Plantings. Saplings come from chestnut tree that's referenced several times in girl's famous accounts

In this March 18 photo, a replica of one of Anne Frank's diaries is displayed at the Indianapolis Children's Museum in Indianapolis. A sapling grown from seeds taken from the massive chestnut tree that stood outside the home in which Frank and her family hid will be planted in the museum's Peace Park.
MICHAEL CONROY/THE ASSOCIATED PRESS

Saplings from the chestnut tree that stood as a symbol of hope for Anne Frank as she hid from the Nazis for two years in Amsterdam are being distributed to 11 locations in the United States as part of a project that aims to preserve her legacy and promote tolerance.

The tree, one of the Jewish teenager's only connections to nature while she hid with her family in a Secret Annex in her father's company building, was diseased and rotted through the trunk when wind and heavy rain toppled it in August 2010. But saplings grown from its seeds will be planted starting in April, when the Children's Museum of Indianapolis will put the first one in the ground.

The 11 U.S. locations, which also include a park memorializing victims of the 9-11 terrorist attack in New York City, were chosen by the Anne Frank Center USA from 34 applicants.

THE ASSOCIATED PRESS

RBC TOP25 CANADIAN IMMIGRANT Awards

IT'S TIME TO VOTE!

We have received hundreds of nominations telling the remarkable stories of Canadian immigrants. Like our past winners, their achievements are inspiring.

Our panel of judges have narrowed it down to 75 outstanding finalists. Now it's your chance to make history, by helping us choose the RBC Top 25 Canadian Immigrants of 2013.

Adrienne Clarkson
2009 Winner

Olivia Chow
2012 Winner

KNAAN
2012 Winner

Ian Hanomansing
2010 Winner

To Vote visit
canadianimmigrant.ca/rbctop25

Title sponsor: RBC Royal Bank
Presented by: Canadian IMMIGRANT
Associate sponsor: CHEVROLET
Media sponsors: metro Focus

Queen's Executive MBA in Ottawa

Queen's SCHOOL OF BUSINESS

"I was very impressed by the Queen's experience, which was highly personalized, integrated and challenging. The learning experience was shaped, not just by the faculty and the program, but by my classmates as well. On that front, Queen's has a clear advantage."

Nik Nanos, Queen's MBA
President and CEO
Nanos Research
Ottawa, ON

WHAT SETS US APART WILL SET YOU APART.

A Unique Team-Based Approach. As part of a learning team for the duration of the program, you will acquire the team and leadership skills that are so crucial in business today.

One-of-a-Kind Personal Coaching. Queen's provides you with an unprecedented level of individual coaching, enabling you to recognize, develop and leverage your personal assets.

Ranked #1 in Canada by BusinessWeek | *Earn a Queen's MBA in 16 months, right here in Ottawa, while you work.*

ACADEMIC EXCELLENCE. EXCEPTIONAL EXPERIENCE.

EFMD EQUIS

Queen's MBA

INFORMATION SESSIONS
Reservations are appreciated.

Ottawa
Wednesday, March 27
12:15 PM – 1:15 PM
or 5:30 PM – 6:30 PM
Queen's Ottawa Facility
Constitution Square - Tower 2
350 Albert Street

For more information please contact us today.

Toll-free:
1.888.393.2622

Email:
execmba@business.queensu.ca

Web:
www.execmba.com

UN envoy to Myanmar visits city hit hard by Buddhist-Muslim violence

Grizzly sight. Little appeared to be left of some neighbourhoods, where legs of victims could be seen poking out from smouldering debris and ash

Myanmar soldiers pick up debris from destroyed buildings in Meikhtila, about 550 kilometres north of Yangon, Myanmar, on Sunday following ethnic unrest between Buddhists and Muslims. THE ASSOCIATED PRESS

The top UN envoy to Myanmar on Sunday toured a central city wracked by the country's worst Buddhist-Muslim violence this year, calling on the government to punish those responsible for a tragedy that left dozens of corpses piled in the streets, some of them charred beyond recognition.

Vijay Nambiar, the UN secretary-general's special adviser on Myanmar, also visited some of the nearly 10,000 people driven from their homes after sectarian unrest shook the city of Meikhtila for several days this week. Most of the displaced are minority Muslims, who appeared to have suffered the brunt of the violence as armed Buddhist mobs roamed the city.

Nambiar said he was encouraged to learn that some individuals in both communities had bravely helped each other and that religious leaders were now advocating peace. He said the people he spoke to believe the violence "was the work of outsiders," but he gave no details.

THE ASSOCIATED PRESS

Burst of unrest

Challenging times

The bloodshed marked the first sectarian unrest to spread into Myanmar's heartland since two similar episodes rocked western Rakhine state last year. It is the latest challenge to efforts to reform the Southeast Asian country after the long-ruling military ceded power two years ago to a civilian government.

The bloodshed has raised questions about the government's failure to rein in anti-Muslim sentiment in a predominantly Buddhist country where even monks staged anti-Muslim rallies.

THE ASSOCIATED PRESS

Omega-3 Fatty Acids

Getting to the heart of the matter

Every 7 minutes someone dies from heart disease or stroke in Canada. Did you know that silent inflammation in the body is a major contributor to cardiovascular disease? It's true! The key to stopping silent inflammation and improving heart health is omega-3 fatty acids from fish oil.

Norwegian Gold Critical Omega
The ideal choice for someone who wants to maintain their good health.

Norwegian Gold Super Critical Omega
The ideal choice for individuals with cardiovascular issues or those concerned about optimal heart health.

Norwegian Gold Ultra EPA
The ideal choice for anyone with an inflammatory condition or wanting to lower triglycerides.

Norwegian Gold fish oil is designed with heart health in mind. Use this chart to determine which Norwegian Gold fish oil is right for you.

WHICH FISH OIL IS RIGHT FOR YOU?

A	B	C
Choose **Norwegian Gold Critical Omega** if you checked YES to **all** of the following conditions:	Choose **Norwegian Gold Super Critical Omega** if you checked YES to **any** of the following conditions:	Choose **Norwegian Gold Ultra EPA** if you checked YES to **any** of the conditions in column B plus **any** conditions below:
Normal Cholesterol Levels ☐	Elevated Cholesterol ☐	Chronic Skin Conditions ☐
Normal Blood Pressure ☐	High Blood Pressure ☐	Arthritis ☐
Normal Blood Sugar Levels ☐	High Blood Sugar ☐	Autoimmune Disorder ☐
Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
	Circulatory Issues ☐	Chronic Prostatitis ☐
		Inflammatory Bowel Disease ☐
		Asthma ☐
		Pelvic Inflammatory Disease ☐

Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3

facebook.com/renewlifecanada
twitter.com/renewlifecanada

RECEIVE $3.00 OFF
your next purchase of any Norwegian Gold Fish Oil*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.

* Limit one coupon per purchase. Coupon expires May 31st, 2013.

Cyprus, creditors reach tentative deal on bailout

A man holds up a souvenir Cypriot euro coin lapel pin with a piece taken out in Brussels on Sunday, as EU negotiations were underway to arrive at a deal to save the island nation from bankruptcy. VIRGINIA MAYO/THE ASSOCIATED PRESS

EU financial crisis.

Last-minute agreement will restructure country's second-largest bank and tax large bank deposits

Tense negotiations between Cyprus and its international creditors yielded a preliminary agreement early Monday that paves the way for the cash-strapped island nation to receive a $13.3-billion bailout, a diplomat said.

The agreement between Cyprus, the International Monetary Fund and the European Commission still needs approval by the 17-nation eurozone's finance ministers, who were also meeting in the same building in Brussels.

Without a deal by Monday night, the tiny Mediterranean island nation of about one million would face the prospect of bankruptcy, which could force it to abandon the euro currency and spur turmoil in the eurozone of 300 million people.

Under the last-ditch agreement, Cyprus' second-largest bank, Laiki, will be restructured and holders of bank deposits of more than 100,000 euros (about $132,900) will have to take losses. It was not immediately clear whether the holders of large deposits in the remaining Cypriot banks would also be forced to take losses.

The diplomat, who spoke on condition of anonymity pending the official announcement, did not elaborate on how much large deposit holders would lose. Making them take a hit is expected to net several billion dollars, thus reducing the amount of rescue loans the country needs.

To secure a rescue loan package, Nicosia had to find ways to raise $7.7 billion so it could qualify for the bailout. It resisted pressure by creditors to also unwind the country's largest lender, Bank of Cyprus.

THE ASSOCIATED PRESS

Smoking. Ex-surgeon general joins board of e-cigarette firm

Different versions of NJOY electronic cigarettes are shown. A former U.S. surgeon general who supported a ban on all tobacco products will join NJOY's board. THE ASSOCIATED PRESS

Former U.S. surgeon general Dr. Richard Carmona, who highlighted the dangers of secondhand smoke and supported a ban on all tobacco products, is joining the board of directors for NJOY Inc., the U.S.'s leading electronic cigarette company — a move that could bring increased legitimacy to e-cigarettes as a viable alternative to traditional cigarettes.

The country's senior public-health official under President George W. Bush from 2002 to 2006 will advise the Arizona-based company on public-health and regulatory issues. He'll also spearhead its research of the battery-powered devices, which heat a liquid nicotine solution and create vapour that users inhale. The private company's flagship NJOY KING product is the top-selling e-cigarette. THE ASSOCIATED PRESS

Clarification

For BK's turkey burgers, head south of border

Burger King is rolling out turkey burgers for the first time this week, but the new sandwich will only be available in the U.S., and for a limited time. A previous story in Metro didn't specify where the product would be sold. Recent additions to Burger King's menu in Canada include a pulled-pork sandwich and a chipotle lineup that includes a Chipotle Whopper. METRO

earn 12%

- Participate in restoring historic buildings
- Mortgage Secured
- RRSP / TFSA eligible

Attend a special presentation
Tuesday March 26th at 5:30pm
Register online at:

RESTORE12.COM

The University of Ottawa's Faculty of Engineering invites you to the

Engineering and Computer Science Graduate Poster Competition

March 27, 2013
10 a.m. to 4 p.m. – Poster presentations
4 p.m. to 6 p.m. – Award Ceremony and Reception
Atrium, SITE Hall – Buffet lunch included

REGISTER NOW!

Join us
www.engineering.uOttawa.ca

uOttawa

ATTACK OF THE KILLER LISTS

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

Surely you noticed everything becoming slightly less awesome here last week. After three years topping MoneySense magazine's annual list of the most livable Canadian cities, Ottawa abruptly sank to sixth place.

Rising house prices hurt our affordability rating — perhaps making us a victim of our own success as MoneySense readers across Canada pulled up stakes for the promised land that was Ottawa (2010-2012).

Mayor Jim Watson was keen to find occasions to mention the MoneySense plaudits, most recently in his 2013 state of the city address.

When asked about the slippage, he opined sixth place still isn't bad, and identified federal job cuts as one of the city's challenges in the past year — an entirely valid point, and one that incidentally places any possible blame for our decline squarely on another level of government.

We went through this sort of collective self-esteem inflation nationally in the '90s, when Canada habitually topped the UN human-development index, measuring 175 countries on education, life expectancy and wealth. Then-PM Jean Chrétien never tired of touting our standing as the best country in the world until our score started sliding in 2001. Then it got quieter and quieter.

In the most recent rankings, we dropped out of the top 10, and there has been no triumphant "We're number 11!" ad campaign.

Still, does it get any better than living in the sixth-best city in the eleventh-best country in the world? OK, numerically, sure.

But if you're actually bothered that some magazine no longer thinks we're tops, you could learn a lot about rolling with it from Geordie Walker, principal of Rideau High School, which took yet another drubbing from the Fraser Institute.

In the conservative think-tank's annual ranking of Ontario schools, Rideau scored a dismal 714 out of 725.

"I take it with a grain of salt," Walker said, noting that most of the data seem to be based on standardized math and English proficiency test scores. Of Rideau's students, by the way, 63.3 per cent speak English as a second language (Arabic, Somali and Nepali lead the pack of Rideau's 43 first languages).

At London Central Secondary School, Fraser's No. 1 pick, the percentage of ESL students is "N/A."

London Central's parents also make over twice as much on average ($87,700) as Rideau's ($39,100). The Fraser Institute says even taking this into account, the kids in London have done a better-than-expected job overcoming the limitations of their comparatively privileged upbringing. And good for them!

Walker keeps his eye on the big picture: 80 per cent of his students graduated last year. The overall provincial rate is 82.

"If we're doing so badly, then the next question is (how) I'm still graduating kids," he said. "They're still graduating based on making all the requirements of the curriculum that the ministry sets out, so there's a bit of a disconnect there."

There often is when you let someone else's list tell you who you are.

ZOOM

HIS SPIDEY BEARD IS TINGLING

Amazing logo spun out of chin hair

An IT specialist has crafted his facial hair in homage to the iconic Spider-Man logo. Chad Roberts' beard recently won him honours at the second annual Garden State Beard and 'Stache competition in New Jersey, with his spider symbol from Spider-Man. Chad's past beards include a Christmas tree and an X-wing spaceship from Star Wars.

For Roberts, whose beard measures just over 35 centimetres long, the Spidey style is one of his favourites: "It translated very well from concept to end result. At first, I tried to do a web but that didn't work out, so I opted for the Spider-Man logo.

"Sculpting the beard wasn't as complex as it looks. I just separated it into sections and used plenty of extra-hold hairspray." METRO WORLD NEWS

Sunday Best

"I normally don't wear my beard like this, on most days I just let it hang. I call this kind of beard my 'Sunday best.' This beard only took me 45 minutes to an hour to sculpt."

Chad Roberts, 35, IT administrator and president of the RVA Beard League

Clickbait

ANDREW FIFIELD
metronews.ca

The best part of living in the future is having a pocket-sized device that connects to the totality of collected human thought with a few taps of a finger. But that's no reason to feel guilty if you just want to kill some time with a little pinball. Here's three apps worth your spare time.

Zen Pinball

If you're not a reality purist, Zen tables are the best bet for high-concept hurry-ups and gimmicks — from the castle sieges of Excalibur to racking up combos as troublemaking kids in the Sorcerer's Lair. (Free/iOS and Android)

Revenge of the Rob-O-Bot

The devotion the shiny chrome finish and dot matrix scoreboard show to the titular robot still doesn't come close to the devotion the developers showed to capturing the physics and sounds of a real table. ($2.99/iOS and Android)

Pinball Arcade

Nothing gets more pure than real tables. This comes with a faithful re-creation of Tales of the Arabian Nights, but splurge for the in-app purchase of Ripley's Believe It Or Not, a true timewaster packed with objectives for players willing to learn the angles. (99 cents/iOS and Android)

Comments

RE: Sex toy gives singers an extra octave, published March 21

Yeah, he uses it on the OUTSIDE, in case anyone was confused lol. And yeah, people have been doing massages on the larnyx forever, he's just probably the first to be in the media for using a vibrator.
eplizo posted to metronews.ca

Gives a slightly new meaning to the term "hummer"...
Jeff Overstreet posted to metronews.ca

A #SouthPark episode in the making....
Mighty-Morphin Larry posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

10TH ANNUAL BEST NEW PRODUCT AWARD WINNERS

Canadian Living metro

2013 BEST NEW PRODUCT Voted by Consumers

~ Research by BrandSpark ~

10TH ANNUAL BEST NEW PRODUCT AWARD WINNERS

The 10th annual Best New Product Awards program focuses on everyday food, beverage, health, beauty and household products. More than 93,000 Canadian consumers from coast to coast voted in this year's study to pick the 2013 Best New Product Awards winners. Developed and backed by leading independent market research firm BrandSpark International, the Best New Product Awards has become the Canadian shoppers' seal of approval.

The winning products make one great shopping list! Download it at metronews.ca/bestnewproducts

Over 93,000 Canadians voted.

And Walmart has the winners.*

Try a winner at Walmart!

We invite you to come and try some of the 2013 Best New Product Award winners* in select Walmart stores across Canada between April 4th and 7th.

Visit see.walmart.ca/BNPA for dates, times and locations.**

Available at Walmart

*Based on national study by BrandSpark International. Winners chosen from select new products in Canada between November 8th, 2012 – December 16th, 2012. For more information visit www.bestnewproductawards.biz

**Dates subject to change. While quantities last.

Date night... at home!

When you think "date night," you may envision a night on the town or a fancy and expensive restaurant dinner. That, and the babysitter, the outfit, the hair...it

might all seem a touch overwhelming and extremely pricey. So spend date night at home! You can and still make it romantic and do it for a fraction of the price with a Pepperoni Pesto Ristorante Pizza from Dr. Oetker.

Put the kids to bed early or send them over to grandma's. Set your table with beautiful blooms, soft candlelight and your best dinnerware. Turn on the music and turn off the phones. Dress up like you're heading out – and you're all ready to stay in!

You don't have to spend hours in the kitchen to create an amazing dinner. Pair your pizza with a bottle of medium-bodied dry Chianti – the perfect wine to bring out the flavours of the pizza. Add a tasty caprese side salad: sliced ripe tomatoes and fresh mozzarella sprinkled with basil leaves (torn into bite-size pieces), and dressed with salt, pepper and olive oil. Finish your meal with a sinfully good dessert, like a fluffy Dr. Oetker Milk Chocolate Mousse. It's a deliciously decadent meal that's perfect for a special evening!

DR OETKER RISTORANTE PEPPERONI PESTO | OETKERMOMENTS.CA

Inspired by the traditional pizzerias of Italy, our Ristorante pizzas are made with rich, artisanal toppings on a crispy, thin-crust base. Enjoy the unique combination of pepperoni, authentic Italian pesto, and cherry tomatoes together on our traditional thin crust pizza. Try one today and take your taste buds on a trip to Italy, wherever you are.

Canadian Living metro
2013
BEST NEW PRODUCT
Voted by Consumers
~ Research by BrandSpark ~

WE SPOKE TO CANADIAN CONSU

NEW

TROJAN®
LUBRICANTS

for a Crazy SEXY *Feel*™

- Continuous Lubrication for Uninterrupted Pleasure
- Non-sticky & Mess Free
- Unscented & Clear

TRUSTED TROJAN™ QUALITY

INDULGE YOUR ADVENTUROUS SIDE.

TrojanLubricants.ca

MERS — 93,000 OF THEM, ACTUALLY.

YOUR EVERY DAY DESERVES

CANADA'S BEST NEW PRODUCTS.*

"Convenient easy use, use in cold water, works on stains & I trust brand."
- JODY B.

"I love the great smell and how quickly it works to remove odours in the carpet. And I have always chosen and trusted Arm & Hammer products."
- ASHLEY R.

"A new experience in the bedroom"
- CAROLINE D.

"...discreet packaging..."
- ANGELA N.

"The lubricant inside and out makes using them pleasurable for both myself and my husband."
- VICTORIA H.

"My skin stays smooth for several weeks, no imperfections after hair removal and skin does not become dry."
- SONIA D.

Canadian Living 2013 BEST NEW PRODUCT Voted by Consumers

Imagine what our products can do for you.

CHURCH & DWIGHT CANADA

* According to results of the 2013 BrandSpark Best New Product Awards. The Best New Product Awards logo is a trademark of Best New Product Awards Inc., used under license.

Canadian Living metro 2013 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

HAVE YOU TRIED THE BEST?

Cold sore help

Cold sores aren't a problem for everyone but for those who suffer, outbreaks can be painful, uncomfortable, and embarrassing. In fact, up to 90 per cent of adults carry the virus (HSV-1), but only 20 to 40 per cent will ever experience a cold sore outbreak.

Most cold sore sufferers aren't exactly sure when they first encountered the virus, but once contracted the virus never leaves the body.

Not everyone's cold sore is triggered by the same thing. But there are several common factors that may cause your outbreaks. Knowing general cold sore triggers can help you identify personal triggers and take the necessary steps to manage them.

First, boost your immune system by getting plenty of rest and exercise and eating a balanced diet. Reducing the stress in your life is also important. Keep your lips moisturized – drink plenty of water to stay hydrated and use sunblock on your lips all year round to protect your lips from sun and from winter cold.

Treat your cold sore early for best results. The best time to start treatment is when that tingling sensation first happens, before any visible sign of a cold sore appears. When it comes to treating a cold sore, you'll hear advice on everything from home remedies to lip balm cures.

Learn the cold sore facts so you can face every cold sore with confidence. Ice, vinegar, tea bags, camphor, menthol or phenol may provide temporary relief, but they won't make your cold sore disappear faster. Look for products that contain the medicinal ingredient, docosanol, which is clinically proven to shorten the duration of a cold sore.

Remember to avoid transmitting the virus to others through skin contact. Also, wash your hands frequently if you've touched your lips or brushed your teeth to avoid spread of the virus.

PHARMACIST #1 RECOMMENDED†

NEW ABREVA PUMP: CONVENIENT, DURABLE AND PORTABLE | ABREVA.CA

When you get a cold sore, you want to get rid of it fast. Only Abreva contains docosanol. Abreva is clinically proven to shorten cold sore healing to as little as 4.1 days.*It helps reduce the duration of burning, itching, tingling and pain, so you can get back to yourself.

To be sure this product is right for you, always read and follow the label. †In clinical testing Abreva® is proven to reduce median healing time of cold sores to 4.1 days vs. 4.8 days placebo. Abreva® is the #1 recommended brand for cold sores by pharmacists. Data on file. TM/® or licensee ©2013 GlaxoSmithKline.

ASTRO ZerO% SUPERBERRY YOGOURT | ASTRO.CA

Astro ZerO% SuperBerry is a great choice for the yogourt lover who understands the benefits of maintaining a healthy body weight. With only 35 calories per 100g serving, Astro ZerO% is naturally flavoured, a source of 7 vitamins and minerals and Health Check endorsed. Available in 4 unique Superberry combinations: Triple Berry, Pomegranate Berry, Cranberry Raspberry and Acai Berry. Zer0 Fat, Zer0 Aspartame, Zer0 Sugar Added - Zer0 Compromise.

All about balance

Good balance. It's what we all strive for in our lives – the healthy combination between work and play, performance and rest, and eating right and exercising. If you need help getting motivated to exercise and enjoy a nutritious diet, know that the health benefits can't be overstated. Good eating starts with a variety of foods from the four food groups in Canada's Food Guide – plenty of fruits and veggies, whole grains and low-fat dairy products, along with lean meats and meat alternatives. Healthy diets also minimize intake of foods high in saturated fat, cholesterol, sodium and sugar.

Why dairy? There's no better and more natural way to get the calcium you need for strong teeth and bones. If getting enough dairy in your diet is a challenge because you're not a milk drinker, yogourt supplies calcium along with other important nutrients like vitamins A and D in a tasty, low-fat and low-calorie package. It's also easier to digest for those who have difficulty with dairy foods – and it's a great choice for anyone looking to maintain a healthy weight. Remember to balance healthy eating with 30 to 60 minutes a day of exercise – walk, cycle, do aerobics or swim and lift weights to maximize your health benefits.

Visit us at metronews.ca/bestnewproducts

Dave Gahan of Depeche Mode performs earlier this year. GETTY IMAGES

Music-making machines

New album.
Depeche Mode Just Can't Get Enough of releasing music, or that bluesy influence

Depeche Mode has released a new album every four years since the early 1990s, so fans weren't surprised by the English band's announcement in late January that its 13th record was coming soon. The blues-tinged Delta Machine is out March 26 and the electronic band has September gigs scheduled at the Molson Canadian Amphitheatre in Toronto and Bell Centre in Montreal. Band member Andy Fletcher talks about what influenced the new songs, playing 30-year-old hits and the lead single Heaven.

How did the blues inspire you while recording the new album?
We have dabbled in this before, one of our most famous tracks, Personal Jesus, is very linked to blues music. All three of the band members, we have varied tastes in music going back to blues to early rock 'n' roll. I think the interesting thing is the mixing between blues and electronics and I think it really goes well. Obviously some songs such as Slow are more heavily blues influenced but even the tracks that are mainly electronics, you can still hear the blues influence.

What's on the set list for the new tour?
It's difficult getting a set together because there are so many songs now over the years, so many classics, and somehow we have to get a set together that sort of represents our whole career and at the same time make sure the new album gets its songs as well. It's a bit of a process, but I think we're getting there.

Which of the new songs are likely to be played?
Our last album, Sounds of the Universe, I don't think many of the songs really translated live that well, but this album seems to be completely the opposite, it's quite a minimal but powerful album and a lot of the tracks are sounding very good, like Soft Touch/Raw Nerve. Angel is sounding really, really powerful, and Should Be Higher. We can't play, unfortunately, too many songs from the new album because we have fans that go back such a long way, it'd be a bit selfish, I think, just playing a lot of songs off the new album and disregarding tracks from our career.

Have you considered a modern makeover to older tracks like Just Can't Get Enough that fans want to hear live but no longer reflect your current musical style?
You can't modernize Just Can't Get Enough, it's a classic pop song, it has a classic sound, you just have to play it. It's one of the most famous tracks of the '80s. If you tried to modernize it, it'd be horrible. I think it stands up as a classic track and obviously you have to position it in the set list where it'll sound the most comfortable, but I think we'd be doing the song — such a part of our history — a disservice to try to modernize it.

Why Heaven as lead single? Was it the label's preference?
I don't think the label would've chosen that song. We just felt it was the right sound to introduce the album. Great song. Commercially it doesn't really stand up, it's too slow, but for us it's the perfect taste for the album itself. ... It is important to us still to have success but not at all costs."

THE CANADIAN PRESS

Leno won't make peace with NBC bosses

Network battle?
Despite being wined and dined, Tonight host is still taking jabs at his employers

Jay Leno is keeping up a comedy assault on his NBC bosses even after being treated to a make-nice dinner.

During his monologue Friday, the Tonight Show host asked his Burbank studio audience if they'd heard about his "alleged feud" with NBC.

Leno started taking on-air potshots at the network this month amid reports that the network plans to replace him at Tonight with Jimmy Fallon.

According to a NBC transcript from Friday's taping, Leno said that he had dinner Thursday with a "bunch of NBC executives" who offered to make things up to him: He and his wife are going on an all-expenses paid Carnival Cruise, he joked.

In February, passengers endured five nightmarish days on a crippled Carnival Cruise ship in the Gulf of Mexico.

NBC confirmed this week it's creating a new studio for Fallon in New York, where he hosts Late Night. But the network did not comment on a report that the digs at its Rockefeller Plaza headquarters may become home to a transplanted, Fallon-hosted Tonight.

This isn't the first time the Tonight stage has been used for a workplace dispute. In 2010, when Conan O'Brien briefly took over as Tonight host and Leno was moved to prime-time at NBC, the two traded on-air barbs.

Although late-night hosts are known for needling their network bosses, the timing of Leno's latest jabs seemed to make NBC's executives particularly uncomfortable and they asked him to stop. They don't want a repeat of the publicly messy turnover of just three years ago.

THE ASSOCIATED PRESS

Jay Leno. THE ASSOCIATED PRESS

Pop goes the week

Emma Watson isn't getting spanked and Bradley Cooper likes them young

STARGAZING
Malene Arpe
scene@metronews.ca

Hansel & Gretel: Witch Hunters is getting a sequel after doing surprisingly great box office numbers overseas. The tentative title of the sequel is Jeremy Renner and Gemma Arterton: Contractual Obligation Loophole Hunters.

Tired of the rumours, Emma Watson tweets, "Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life" "Well, I kinda do," says Bobby, the Hermione-obsessed whip-and-chains enthusiast.

Bradley Cooper

Bret Michaels turns down an offer to strip for Chippendales. That's terrible news for all the women who were hoping to see what he looks like under his wig.

The Kardashian sisters compare the smell of their lady parts on Kourtney and Kim Take Miami. Appropriate responses to this: 1) Ewww. 2) Blergh. 3) Ugh. 4) Where are we as a civilization and can anything get us back from the brink? Read more at ewwwblerghugh.com.

Liev Schreiber comes to the aid of a woman who was involved in an accident outside his house. Long-time celebrity rescue champion Ryan Gosling immediately runs out the door and tackles a random senior citizen while whispering, "you're safe, you're safe now."

Selena Gomez said she made Justin Bieber cry. Then Justin's fans said Selena makes them cry. Then the Devil laughed.
After saying he would never date Jennifer Lawrence because she could be his daughter, Bradley Cooper is now dating a 20-year-old model. "That comment was taken completely out of context and twisted around by the stupid press," says Bradley. "What I meant to say is that I wouldn't date Jennifer because she repeatedly turned me down."

you could WIN a pair of tickets to see
JAMESFRANCO VANESSAHUDGENS SELENAGOMEZ ASHLEYBENSON RACHELKORINE
SPRING BREAKERS
IN THEATRES MARCH 29
springbreakers.ca
#SpringBreakMe

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetroottawa

No purchase necessary. Contest open to residents of the Greater Ottawa Area, excluding Québec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of a pass for two to a run of engagement screening of Springbreakers valid at participating Cineplex Odeon Theatres (approximate retail value of $26CDN). Skill testing question required. Contest closes March 31, 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ashton Kutcher

Kutcher taking vow of silence on relationship

Ashton Kutcher has vowed to keep his mouth shut when it comes to dishing on his relationship with Mila Kunis after how things turned out with ex-wife Demi Moore.

"You know, I've learned the hard way how valuable privacy is," Kutcher tells Elle magazine. "I've learned that there are a lot of things in your life that really benefit from being private. And relationships are one of them. And I am going to do everything in my power to have this relationship (with Kunis) be private."

Twitter

@Sethrogen
If you're like me, you're awake right now on hour 3 of 14 of smoking a brisket.

@JimCarrey
Hunters hang animals up on their walls.I kill mosquitos but their little heads r hard to mount!

@justinbieber
Back to the #longestbusrideever

@ABFoundation
When playing the losing attorney in a case, always wear a suit with a vest.

Amanda Bynes ALL PHOTOS GETTY IMAGES

Come home Amanda!

Amanda Bynes' family is reportedly very concerned about the troubled actress and wants her to move back to Los Angeles where they can keep a better eye on her, according to E! News.

The accident-prone starlet has been living it up in New York, tweeting pictures of her outlandish recent makeover and a new cheek piercing along with bizarre and nonsensical declarations like "Baby corn and fried tofu," "Fear is pain arising from the anticipation of evil" and "I created the phrase lly and lololol."

Bynes has reportedly refused her family's requests that she move back to L.A.

Katy Perry and John Mayer

Don't count this pair out just yet

Sources say that prior to Katy Perry and John Mayer's recent split the pair had been "fighting," possibly over how fast their relationship was moving, according to Us Weekly. Perry had even brought Mayer home for the holidays to Santa Barbara. "Introducing him to her dad was a big deal," a source close to Mayer says. "It was just too much, too soon." But don't count the pair out completely: "They've broken up before so it's hard to tell," another source says. "She's changed a lot since she's been with him." And Perry hasn't been shy about her heartache, posting a link on Twitter to a song by Tristan Prettyman called I Was Gonna Marry You with the message, "Perfectly put."

Book excerpt

Brand extension

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The next time you visit a corporate website, look at the "About Us" page. Most feature a mission statement — a few sentences or paragraphs that tell the world what the company does and what it wants to accomplish. As the boss of your family, you will likely find a mission statement handy, if for no other reason than to remind yourself of what you were thinking when you brought these people into the world.

Corporately, a mission statement should address the employees, the shareholders, and the customers.

- Employees: The members of your family.
- Shareholders: Any relative or friend who has invested in you and wants you to be successful.
- Customers: Our neighbours, friends, acquaintances; everyone we interact with on a daily basis.

A mission statement should easily and clearly define who you are and what you do. Make a list of words that mean something to you, that reflect the attitudes or approaches you feel are important: commitment, knowledge, quality, or wherever your focus needs to be. String ideas together until you come up with a mission statement of your own. I worked with keywords such as know, admire, inspire, value, personal mastery, and focus, and boiled it down to this: "Do your best. People are watching."

EXCERPTED FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY "THE BUSINESS" BY KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE IN BOOKSTORES EVERYWHERE

Easter and April Fool's in one

Crafts. Paint, foil transform papier-mâché eggs into faux chocolate Easter treats

Easter and April Fool's Day may be far apart in spirit, but they're jammed together on the calendar this year. Here's a quick and inexpensive craft project that can carry over from one to the other: faux chocolate eggs.

Given people's weakness for chocolate, you likely can't put out a bowl of pretty foil-wrapped chocolate eggs a week before Easter and expect them to last until the holiday. But you can get the same effect — without the temptation — by painting papier-mâché eggs and partially wrapping them with pastel-hued foil. Piled in a glass canister or arranged in a simple bowl, these eggs make a sweet Easter display that will last for years.

These faux-chocolate Easter eggs make a great decoration. HOLLY RAMER

Materials

- papier-mâché eggs
- brown satin finish spray paint or acrylic craft paint
- satin finish clear sealant or varnish (if using craft paint)
- paint brush (if using craft paint)
- large cardboard box lined with waxed paper or parchment paper for containing over-spray (if using spray paint)
- foil sheets made for candy wrappers
- white glue or Mod Podge

Instructions

1. If using spray paint, place eggs in lined cardboard box and, working in well-ventilated area, apply several coats of paint. Follow directions on canister to determine drying time between coats. Turn eggs to make sure you are painting all sides. Three or four light coats of paint should be enough.

2. If using craft paint, use brush to apply three coats of paint, allowing eggs to dry between coats. If using craft paint, apply one coat of satin finish varnish. Allow eggs to dry.

3. Cut piece of coloured foil a bit taller than height of egg and wide enough to wrap around it. Cut slits roughly 1-inch long along one of the long edges. This will make it easier to fold the foil tightly around the bottom of the egg.

4. Brush glue or Mod Podge on the lower 2/3 of an egg, then wrap foil around egg, with fringed edge at the bottom, wider end of the egg.

5. Brushing on more glue as needed, press foil tightly against egg, overlapping the cut pieces at bottom. At top, squeeze the foil together and twist it tightly. Cut off the excess.

6. Once the egg is entirely covered in foil, peel some off to create the appearance of a candy egg that's been partially unwrapped. THE ASSOCIATED PRESS

Exclusively online

Nap time is the most wonderful time in Mommy's day. In theory. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Keeping it trendy during pregnancy

Pregnancy trends for 2013 include ultrasound parties. ISTOCK

BRIA MARIETTE
Metro World News in New York

Fear not, moms-to-be, being pregnant doesn't mean you have to give up on the trends.

We caught up with Elena Mauer, deputy editor of Thebump.com, to learn what first-time moms should look out for this year.

Going green ... with baby names

Pantone named emerald as the colour of the year for 2013, so expect to see baby names like Hunter, Jade, Kelly and Forest increasing in popularity in the coming months. Even celebrities have been swept up in the trend (Drew Barrymore named her new baby girl Olive).

Ultrasound parties

Parents-to-be are going beyond the usual baby shower or gender reveal party. Now more extravagant measures are popping up, including ultrasound parties, where a medically trained technician is invited to perform the procedure in the living room for all of your loved ones to see.

Mommy-moons

Move over, baby-moons. Soon-to-be moms are taking what Thebump.com calls "mommy-moons," mini getaways that pregnant women can take with their girlfriends before the arrival of the baby. Beach vacations, spa trips and pampering parties are the most popular choices. "Pregnant women are looking for ways to pamper themselves (and) spend time with their friends before the baby arrives and they become very busy," says Mauer.

Neon Nurseries

Gone are the days of the traditional pink and blue colour scheme for baby rooms. "In 2012, there was a lot of neon in fashion," Mauer says. "You saw it on the runway, and now people are bringing it into their nurseries." You are more likely to see neon pink bedding, or a neon green table cover that adds mild pops of color and a bit of trendiness to the nursery.

There's a language in your limbs: Put your best foot (and hand) forward

Let me see your body talk. Interview success is not all about what you say

YLVA VAN BUUREN
CareerBear.com

Late night last night? This ain't the time to let that show. ISTOCK

OK, listen up. Research shows that body language during a job interview can be more important than what you verbally communicate.

"At a rational level, that's hard to comprehend," says Stefan Danis, CEO of Mandrake and NEXCareer. "But at an emotional level, we have sensors that catch other parts of one's behaviour around body language, voice inflection and general energy level, and the evidence shows that it's 90 per cent of the experience that's remembered whereas content — or the answers during an interview — is less than 10 per cent. We remember how the individual interviewed, not what they said."

This means, even though you could have the most riveting answer to that question about your leadership style, if you answer in a monotone voice with your arms crossed and looking out the window, your response will mean nothing.

Here are seven ways body language can help you get the job:

Be the follower

If the interviewer comes to get you, follow them through their office, and don't lead in any way. When you get to the room, quickly assess the potential tactical advantage in terms of where you should sit. Again, the choice should place the interviewer in the head position (such as the head of the table). If you're making a presentation as part of the interview process, it's appropriate to stand but best to ask permission, says Danis.

Make a good first impression

When you first meet your interviewer, be sure to radiate positive energy and avoid a "claw-like" or clammy handshake. Consider tilting your hand a little bit to give the other person the higher hand.

Friendly body language

Avoid crossing your arms and leaning back in your chair, which may force the interviewer to lean forward. Leaning in is a friendlier posture. Also, don't fidget. And demonstrate that you are organized by being tidy with your laptop, purse, etc., when you first arrive.

Make eye contact

Avoid looking down or away from the interviewer, because not giving proper eye contact may signal a lack of interest, says Danis. Taking notes during the interview shows focus and interest in what the interviewer is saying. It also gives you a bit of a break from constant eye contact. "In any case, it should never be a stare-down — 75 per cent of the time, look into the person's eyes, particularly when they're talking."

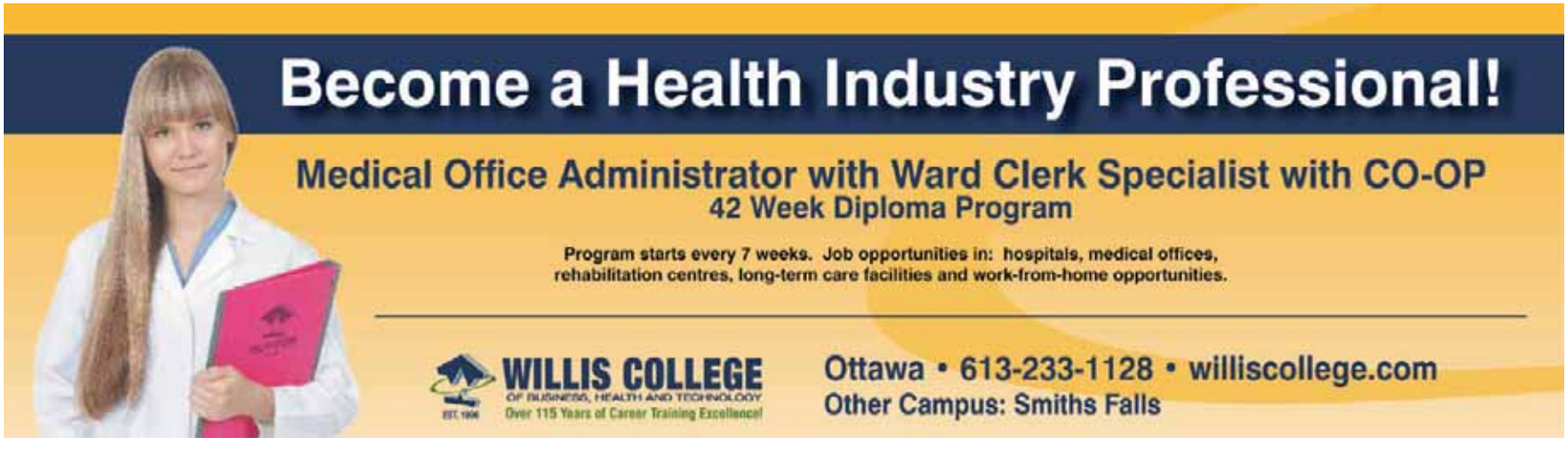
Mind your Ps and Qs

Don't forget good manners

- Protocol should be observed, which means you only sit down when the interviewer has sat down. Be aware of body language in the reception area too.
- Don't be dismissive, over-excited or rude. Be engaged, warm and observe any rules such as signing in and putting on an ID badge.
- At the end of the interview, only stand up when the interviewer has stood up. If they've wrapped it up and are taking notes, you could ask if you may leave — or engage them a little more by asking how you did.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.


Become a Health Industry Professional!
Medical Office Administrator with Ward Clerk Specialist with CO-OP
42 Week Diploma Program
Program starts every 7 weeks. Job opportunities in: hospitals, medical offices, rehabilitation centres, long-term care facilities and work-from-home opportunities.
WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
Over 115 Years of Career Training Excellence!
Ottawa • 613-233-1128 • williscollege.com
Other Campus: Smiths Falls

LIMITLESS
CAREER
OPPORTUNITIES
PERFECT
BILINGUALISM
FOR LIFE
WHAT'S YOUR NEXT MOVE?
FULL
FRENCH CULTURAL
EXPERIENCE
EARLY START
OPEN TO ALL
4-YEAR-OLDS
EXCEPTIONAL
ACADEMIC RESULTS
French-Language Education in Ontario – more than education,
a guide to higher ground. Find out more at **morethaneducation.ca**
Éducation en langue
française en Ontario

Establishing trust between teacher and student is the key to educating adult learners of today. ISTOCK

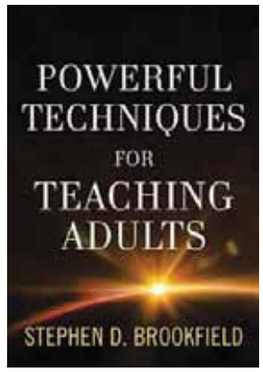
The perils of giving power to the pupils

What do you want from me? When trust issues get in the way of your teaching techniques

BRUCE WALSH
Metro World News

University of St. Thomas professor Stephen D. Brookfield is perhaps the most prolific writer on adult higher education in the U.S. His books use personal experience to flesh out his teaching philosophy. Brookfield's latest, Powerful Techniques for Teaching Adults, takes a look at power dynamics.

"Power is everywhere in the classroom. You can't avoid it," he says from his office in Saint Paul, Minn. "So I thought, instead of writing a book that's full of these approaches — which



is probably what people are expecting — let's examine how these power dynamics skew the way teaching techniques are experienced by students."

Powerful Techniques touches on a number of concepts Brookfield has written about before: developing critical thinking, facilitating discussion, utilizing the creative arts. But this time the author emphasizes the adjustments he has made to his teaching style due to notions of power and trust.

Though Brookfield is still a believer in student-controlled, self-directed learning, he now introduces the concept with more than a touch of caution.

"If I'm asking people to make decisions about the curriculum, or I'm involving them in setting up the grading system, one of the responses I often get is: 'You're playing a game with us and we don't know what your agenda is,'" he explains.

"So now I begin by saying, 'Here are the non-negotiable things about the class; here are the things I want you to decide; and here are places where we can negotiate.' By being less naive about us all having the same power, I'm able to gain a student's trust and build something from there."

FLAP Formation lin
axée sur les p

FORMATIONS GRATUITE!
Réservées aux immigrants*
FLAP-Construction: 05 avril 2013
FLAP-ÉPE: 26 avril 2013

FORMATIONS GRATUITES AFIN DE VOUS AIDER À DÉCROCHER OU À AMÉLIORER VOTRE EMPLOI

Vous êtes nouvel arrivant, vous recherchez des résultats concrets, un perfectionnement ciblé dans les domaines de la santé, de l'éducation à la petite enfance ou de l'hospitalité - restauration / tourisme.

Informez-vous dès maintenant en composant le 613 742-2475 | flap@lacitec.on.ca

Ce projet est rendu possible par le financement de :
Citizenship and Immigration Canada / Citoyenneté et Immigration Canada

la cité collégiale
Le Collège des meilleures pratiques

Career Education
Changing lives through career training

- Accounting and Payroll Administrator
- Addictions and Community Services Worker
- Law Enforcement Foundations*
- Medical Office Administrator
- Massage Therapy
- Network Administrator
- Paralegal**
- Travel and Tourism

CALL NOW FOR MORE INFORMATION! 1-877-395-4032
www.EverestCanHelp.ca
OTTAWA EAST • OTTAWA WEST

Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually.
16 Convenient Locations in Ontario

*Some law enforcement professions in Canada have specific educational and physical requirements for employment. Those considering enrolling in the Law Enforcement Foundations program should become familiar with the qualifications for entry-level positions with individual organizations. If you have a criminal record, it may be difficult to find employment in this industry. **Accredited by LSUC. Programs and schedules vary by campus. Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available. Evening classes vary by campus.

Knowing how to make your net work

Bank on that buzzword. Experts weigh in on how to meet, greet and repeat

JULIA WEST
Metro World News

Remind yourself that every hearty shake could lead to a handful of opportunities. ISTOCK

It's an expression you can't escape: "networking." There's no shortage of networking events taking place in your area, but simply showing up to one of these schmooze-fests isn't enough. We learned a few tricks to help you work the crowd and leave an event with the business card that will help you get your next job.

Listen to people

Pay attention to what people are doing, who they're working with and what their background is. Bill Corbett Jr. is president of Corbett Public Relations, Inc. and has two decades of networking experience.

"If somebody is pushy, they are not networking," he says. "A businessperson needs to listen 80 per cent of the time and speak 20 per cent of the time. Learn to ask the right questions."

Look approachable

Try to give the impression that you are completely at ease, even when you aren't. If you relax, you will appear more approachable, and you'll certainly enjoy yourself more.

Having your phone out is distracting and can turn people off. "Put your electronic device away, and be engaged with everything that is going on around you," says Christina Steinorth, psychotherapist and author of Cue Cards for Life: Thoughtful Tips for Better Relationships.

"If you're constantly texting or talking on your smartphone, others will feel that you are only present at the event to go through the motions," she adds.

Stash your cell

Put your electronic device away, and be engaged with everything that is going on around you.

Christina Steinorth
Psychotherapist

PERSONAL SUPPORT WORKER

Program Objective
This 27 week program provides the theoretical knowledge and the practical skills required to enter the healthcare field as a Personal Support Worker.

Career Opportunities
Graduates will find employment within:
• Long-Term Care Facilities • Group Homes • Hospitals
• Retirement Homes/Residences
• Agencies providing Homecare Service

CALL TODAY!

ALGONQUIN CAREERS ACADEMY
1830 Bank Street 613-722-7811 www.algonquinacademy.com

COLLEGE DIPLOMAS IN HEALTH CARE!

CLASSES STARTING MONTHLY
Fitness and Health Promotion
Medical Office Assistant
Personal Support Worker
Pharmacy Technician
Pharmacy Assistant - NEW PROGRAM

ALGONQUIN CAREERS ACADEMY
1830 Bank Street 613-722-7811 www.algonquinacademy.com

SCHOLARSHIPS ARE FOR Everyone

OVER $100 million available

Scholarships are not just about grades
Scholarships are not just from schools
365 Scholarships are all year round

Sign Up. Get Matched. Start Today.
www.ScholarshipsCanada.com

SCHOLARSHIPSCANADA.com

ALGONQUIN COLLEGE | Centre for Continuing & Online Learning

POLICE FOUNDATIONS
FULL-TIME ONLINE / PART-TIME ONLINE

CHOOSE HOW YOU WANT TO CONNECT:
• Take a course
• Start a part-time online program
• Commit to a full-time online program.

Algonquin College's Centre for Continuing and Online Learning offers hundreds of programs and courses in a multitude of fields.

Spring classes start soon. Select your program today.

algonquinconnected.com/pf

To wheel and deal like a winner

Talk the talk. Take in a few bargaining tips from a master-level negotiator

JULIA FURLAN
Metro World News

From behind the lectern at Wharton Business School, to the candy-coloured halls of Google, to an upcoming trip to a military base in Afghanistan, Stuart Diamond wants people to know how to negotiate. His book, Getting More: How You Can Negotiate to Succeed in Work and Life, takes a realistic perspective — coaxing a cranky toddler to bed, asking for a raise, getting a job after switching careers — to teach people how they can achieve more.

Diamond says the key to negotiation is just to have a good conversation. Here's what we learned from our good conversation with Diamond:

Focus on your skills
Experience is not why people give you a job. It's all about skills. I encourage people to figure out not what experience they have, but what skills. It's the skill the employer wants. I once counselled a medical doctor about moving into a financial consulting career. He had leadership abilities, he was organized and he had a vision. He said: "You can teach me the financial stuff I need to know," and he was right. People assume experience means skills, but it doesn't.

Do your homework. Approaching another party with a request will reap better results if you have knowledge of their nature. ISTOCK

Negotiating a job or a raise is about them — not you.
A good negotiation is just a conversation. The less stressful it is, the better. When somebody is sitting across the table looking at you, they're thinking, "can I stand this person every day?" That's the pictures in their head. People think it's a game, it's not a game or a dance — it's just a talk.

Know the pictures in their head
My first question to an employer is: "why are you looking for somebody?" I want to find out who they are, I want to find out what's in their head. Finding out the pictures in their head is the most important way to get more. I once applied at Morgan Stanley. I said: what criteria do you use to hire people? The interviewer replied "what criteria should I use?" I listed all the things I was good at and she hired me!

The first salary negotiation isn't as vital as you'd think
A lot of people think that it's really important to get the best salary you can going in. I don't think that's true. I think it's important to get a commitment for them to pay you more if you add value going forward. The salary they're paying you for is budgeted for, but if you say if I add a lot of value to you, people are much more willing to pay out of additional future revenues. What will they pay you next year? People hardly ever do that and it's a lot better of a way to approach the negotiation.

Ask for intangibles
If they can't pay you the salary you want but suggest intangibles that don't cost much, you can sweeten the deal. Moving expenses, tax advice, mortgage co-signing, education and training — there are all kinds of things that HR has at their disposal that don't cost very much and that people hardly ever ask for. Companies are often only too happy to give you these things.

Talk to your elders
There is always somebody old that's been put out to pasture at any company, some old guy or woman who's been there for 40 years who's about to retire and nobody talks to them. They have the whole company at their hands. They will tell you everything you need to know about succeeding in that company.

According to Diamond:

It's all about attitude

- If I have a can-do attitude and I'm willing to work any time and anywhere, if I find solutions not problems, that's what will get me the job. If some one has a lot of experience and bad attitude, I wouldn't take them over a person with no experience and a great attitude.

To #humblebrag or not to #humblebrag?

What a Twit.
Tweeting about your professional accomplishments isn't always a bad thing

So, you just made a big sale at work. Do you rush online to share the big news with friends and followers on your social networks? How much proud and enthusiastic gushing is endearing and how much is too much?

Since digital communication is notoriously open to misinterpretation, should you use some kind of social media cue to suggest you're trying to be modest, even as you tell the world you've done something really, really great?

For many social media users, it's an all too familiar internal monologue that's made the Twitter hashtag #humblebrag commonplace.

Originally coined by comedian and TV writer Harris Wittels in 2010 as a way to sarcastically call out some of the most obnoxious Twitter braggarts, the hashtag evolved into a tool for social media users to broadcast their accomplishments while signalling that they feel a little awkward doing so.

"I love the humblebrag, it strikes me as a kind of quintessentially Canadian manoeuvre," says Aimee Morrison, a University of Waterloo associate professor who researches digital culture.

"In this social media era we are having to create and adjust to new social norms around self disclosure and how we talk about ourselves, because although we think of social media as being interactive and conversational, it's actually a series of interwoven monologues by individual users.

Blab with the best of 'em

"If you don't talk about yourself it's somewhat hard to get others to, because they're talking about themselves."

Mitch Joel
President of the Twist Image marketing agency

"So we've developed mechanisms by which to get out information we need to share with others — some of which sounds like bragging — and we had to find a way to do that that is still socially acceptable."

If you ask Mitch Joel, president of the Twist Image marketing agency and an influential social media user and commentator, there's a good kind of humblebrag and a bad kind — whether users actually use the hashtag or not in their personal tweets.

"I think there's part of it where we're publishing things in the hopes that people will think our lives are more interesting than theirs and I think that's the sort of negative one," Joel says.

"I think the positive one is where we're publishing things in the hopes that people will connect and find value in the things we're creating."

He's struggled in the past with trying to figure out how the act of promoting his work on social media can come off as the wrong kind of humblebrag, or too overtly promotional, which may not connect with his followers.

He admitted a recent tweet about pre-orders of his new book, CTRL ALT Delete — Reboot Your Business. Reboot Your Life. Your Future Depends On It, fell into the less desirable category.

"When I tweet out (something like), 'Pretty amazed that my book cracked No. 1 in a couple of categories on Amazon and it's only coming out May 21,' that's like the sort of thing I sort of get throwing up in my own mouth about. But you gotta do it because we live in this world where everybody's a media outlet and producing content — text, images, audio, video — if you don't talk about yourself it's somewhat hard to get others to, because they're talking about themselves."

THE CANADIAN PRESS

At what point does clicking with confidence go too far? ISTOCK

GÉREZ L'AVENIR
Les services de santé et les services communautaires ont besoin de gestionnaires
Il y a un programme postdiplôme et des cours disponibles pour vous !
VOTRE CARRIÈRE DÉBUTE ICI
→ GEREZLAVENIR.CA
la cité collégiale
Le Collège des meilleures pratiques
COLLÈGEBORÉAL
Collège communautaire du Nouveau-Brunswick
Université de Saint-Boniface
Une éducation supérieure depuis 1818
Consortium national de formation en santé
Programme de formation postdiplôme offert par le Consortium national de formation en santé.
Santé Canada Health Canada
La conception de ce programme du Consortium national de formation en santé a été rendue possible grâce à une contribution financière provenant de Santé Canada.

Butter Chicken can be a healthy choice — seriously

A little prep in the morning will go a long way in creating a flavourful and nutritious family meal that cooks while you are at work.

Start with spice-coated chicken and a healthy pantry staple pasta sauce. Let it simmer all day in the slow cooker. Finish it off with rich Greek yogurt and lime at dinnertime.

This dish can be served over quinoa or basmati rice.

You can also make extra of the spice mixture and store for your next "better for you" Butter Chicken.

This traditionally rich Butter Chicken dish is slimmed down in sodium and fat while maintaining amazing aromas and flavours. For a 250 gram serving, the dish comes in at 307 calories.

This recipe serves six. NEWS CANADA

1. In small bowl combine all spices, set aside.

2. Place onion in ceramic insert of slow cooker; add chicken; sprinkle with spices then top with butter and Healthy Choice Diced Tomato with Onion and Garlic pasta sauce.

3. Stir, cover and cook on high 4 to 6 hours or on low 8 to 10 hours.

4. Stir in lime juice and yogurt before serving. Garnish with cilantro.

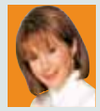
NEWS CANADA/ FACEBOOK.COM/HEALTHYCHOICECANADA

Ingredients

- 2 tsp (10 ml) each ground ginger, curry powder
- 1 tsp (5 ml) each ground cumin, cinnamon, coriander
- 1 medium onion, finely chopped (about 1 1/2 cup/375 ml)
- 1 1/2 lb (675 g) boneless, skinless chicken breast, cubed into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) melted, unsalted butter
- 2 cups (500 ml) Healthy Choice Diced Tomato with Onion and Garlic pasta sauce
- 1 tbsp (15 ml) lime juice
- 1/2 cup (125 ml) 0% fat, plain Greek yogurt
- 1/4 cup (50 ml) chopped cilantro, to garnish

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

When you're on the run, Tim Hortons is not only great for coffee but also for a quick bite. Just be careful what you bite into.

Tim Hortons BLT on a whole wheat bun

400 calories/ 18 g fat
With extra bacon and light mayo, the fat is close to double that of the chicken club.

Equivalent

One Tim Hortons BLT on a whole wheat bun is equal in fat to 28 Schneider's Country Natural ham slices.

Tim Hortons Toasted Chicken Club on a homestyle soft bun

380 calories/ 7 g fat
Chicken is a better protein and it's served with a mustard that is lighter than mayo, saving you half the fat.

Download Canada's top rated newspaper app today
"I love this app, it keeps me up to date with what's going on in the city and around the world."
– NB
Google play
SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.
metro

Dinner. Chicken and Vegetable Curry

Here's a quick curry to make on those weeknights when time is at a premium.

Prepared curry paste is available in many supermarkets or Indian specialty stores. You can substitute a hotter version for the mild if you like spicier food.

Serve the curry with naan bread or basmati rice. Any leftovers can be heated and rolled up in a warm roti or whole-wheat tortilla.

1. In deep non-stick saucepan, heat oil over med-high heat. Add onion and stir-fry 3 mins.; add mushrooms and stir-fry 4 mins. or until lightly browned. Stir in garlic, 45 ml (3 tbsp) of curry paste and cinnamon; add chicken and stir-fry 3 mins. Stir in tomatoes with juice; cover and reduce heat to med-low and cook about 10 mins.

2. Taste and stir in more curry paste, if desired. Add broccoli and lentils; bring to boil, cover and cook 5 mins. or until broccoli is crisp-tender. (Alternatively, to keep broccoli bright green, steam on stove separately and stir it into curry at the end of cooking time.)

3. Stir in coriander. Serve topped with dollop of yogurt.

THE CANADIAN PRESS/ MUSHROOMS.CA

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 medium onion, cut in thin wedges
- 500 g (1 lb) sliced fresh mushrooms (white or cremini)
- 2 cloves garlic, minced
- 45 to 60 ml (3 to 4 tbsp) mild Indian curry paste
- 5 ml (1 tsp) cinnamon
- 500 g (1 lb) skinless, boneless chicken thighs, cut into quarters
- 1 can (796 ml/28 oz) diced tomatoes (undrained)
- 750 ml (3 cups) small broccoli
- 1 can (540 ml/19 oz) lentils, drained and rinsed
- 125 ml (1/2 cup) chopped fresh coriander
- 125 ml (1/2 cup) plain low-fat yogurt

IndyCar

Hinchcliffe takes first checkered flag

James Hinchcliffe, the Canadian driver poised to become IndyCar's next star, grabbed his first-career victory Sunday.

Fittingly it came at St. Petersburg, the adopted hometown of the late Dan Wheldon, the driver who signed to drive the GoDaddy car for Andretti Autosport shortly before his death in the 2011 season finale at Las Vegas.

The open seat then went to Hinchcliffe, who drove the bright green No. 27 to victory in front of Wheldon's wife and two children.

Hinchcliffe, from Oakville, Ont., passed Helio Castroneves on the final restart to take the lead and held on to win by 1.09 seconds over the defending race winner.

THE ASSOCIATED PRESS

NHL

Kovalchuk on shelf 2-4 weeks with injured shoulder

New Jersey Devils star Ilya Kovalchuk will be out two to four weeks after hurting his right shoulder.

The high-scoring forward was injured in the third period of the Devils' 2-1 victory over Florida on Saturday night. General manager Lou Lamoriello says he won't need surgery.

Kovalchuk, who has 10 goals and 27 points this season, was hurt when he slammed into the boards behind the Panthers' net. He briefly remained down before skating off and did not return.

THE ASSOCIATED PRESS

Canada's skip Rachel Homan, left, directs Alison Kreviazuk and Lisa Weagle as they sweep a rock against the United States in the bronze-medal game at the world women's curling championship in Riga, Latvia, on Sunday. The Canadians won 8-6. ANDREW VAUGHAN/THE CANADIAN PRESS

Homan bounces back to win bronze

World women's curling championship. Young skip salvages podium finish after tough loss in semifinal

Canada's Rachel Homan entered her first world women's curling championship full of confidence after a stellar performance at the national playdowns.

The young skip leaves the tournament with a bronze medal and the invaluable experience of dealing with adversity on one of the sport's biggest stages.

Homan defeated Erika Brown of the United States 8-6 in the third-place game on Sunday morning, just hours after a crushing 8-7 loss to Scotland's Eve Muirhead in the semifinal a night earlier. The young Canadian side was able to quickly put the defeat in the past and concentrate on reaching the podium.

"We've had to battle back, we've had to regroup," Homan said. "I think we showed ourselves that we can come back, battle hard and fight to the end.

"I'm really proud of my team, how we played this week and into the playoffs as well."

Quoted

"You have to look at it like you won a bronze. It's still a medal for your country." Alison Kreviazuk

Scotland defeated Sweden's Margaretha Sigfridsson 6-5 for the gold medal later Sunday.

With the semifinal loss still gnawing at them, Homan and teammates Emma Miskew, Lisa Weagle and Alison Kreviazuk put on their best faces at the Volvo Sports Center.

"It's always the toughest game for Canada because you come in here with high expectations and you're interested in being in the gold-medal game and when you don't get there you have to regroup," coach Earle Morris said.

The Canadians appeared loose and confident against Brown and gave the small crowd an impressive performance. Homan scored three points in the third end and never trailed after that. She nailed a hit for two in the seventh for a comfortable lead down the home stretch.

THE CANADIAN PRESS

Lowly Lightning fire head coach Boucher

The Tampa Bay Lightning, a team that's next to last in the East, fired head coach Guy Boucher on Sunday. CHRIS O'MEARA/THE ASSOCIATED PRESS

The Tampa Bay Lightning fired coach Guy Boucher on Sunday.

Assistants Martin Raymond and Dan Lacroix will share coaching responsibilities for Sunday night's game at Winnipeg.

"I'm not satisfied with the direction our hockey club is going," general manager Steve Yzerman told reporters in Winnipeg. "This isn't a reaction, a desperate act, to try to make the playoffs, although that is still our hope.

"It is done with not only the short-term but, more importantly, the long-term of our organization — where we're going and where we want to get to (in mind)."

Tampa Bay is next to last in the Eastern Conference with a 13-17-1 record. Boucher was hired as the Lightning's seventh coach on June 10, 2010.

Boucher's dismissal came one day after the Lightning fell behind by four goals in the first period of a 5-3 loss at Ottawa.

The Lightning appear headed toward missing the playoffs for the second consecutive season after reaching the Eastern Conference finals during Boucher's first year.

Tampa Bay entered this season with post-season aspirations after adding goalie Anders Lindback and defencemen Sami Salo and Matt Carle. Lindback and team captain Vincent Lecavalier have been among the players sidelined by injuries. THE ASSOCIATED PRESS

No. 2 Ohio State avoids upset with last-second three

March Madness.
Toronto's Melvin Ejim collects double-double for Iowa in tight loss

Aaron Craft dribbled in place at the top of the arc, watching to see if any of his Ohio State teammates were open near the basket for a game-winning shot.

Nothing there.

The point guard had a clear look at the clock as it raced toward zero atop the backboard. He realized what he had to do — take a little Ohio State tournament history into his hands.

Craft held the ball until he had no other choice, then swished a three-pointer with a half-second left Sunday for a 78-75 victory over Iowa State, sending the Buckeyes to a school-record fourth straight trip to the round of 16.

Aaron Craft shoots over Georges Niang on Sunday in Dayton, Ohio. JOE ROBBINS/GETTY IMAGES

No. 2 Ohio State had managed to escape as the lone high seed left in the NCAA tournament's most-busted bracket.

"The moment's a lot bigger than me," said Craft, who had allowed Iowa State to catch up with missed free throws and an errant jumper. "It just happened to be in my hands at the end."

Ohio State (28-7) needed Craft's fearless shot — over six-foot-seven defender Georges Niang — to avoid yet another upset in the oh-so-wild West Regional. Four of the top five seeds fell fast and hard in the first weekend.

The Buckeyes' 10th straight win sent them to Los Angeles for a game on Thursday against sixth-seeded Arizona.

THE ASSOCIATED PRESS

Twins double down on Jays

Minnesota Twins shortstop Pedro Florimon hangs onto a pop fly by Toronto Blue Jays' Andy LaRoche, as teammate Brian Dozier crashes into him during the fifth inning of a spring training game on Sunday in Fort Myers, Fla. The Twins routed the Jays 14-5. ELISE AMENDOLA/THE ASSOCIATED PRESS

Golf

Bay hill rained out as Woods leads

Tiger Woods is going to have to wait one more day to try to reclaim No. 1 in the world.

Moments after Woods made a 10-foot birdie putt on the second hole, a vicious thunderstorm interrupted the final round of the Arnold Palmer Invitational and wiped out play until Monday.

The storm dumped nearly 1 1/2 inches on Bay Hill and formed small ponds in the fairways — there was even a fish in the middle of the 18th fairway. Woods leads by three stokes.

THE ASSOCIATED PRESS

Tiger Woods at the Arnold Palmer Invitational, Sunday. THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Miami	55	14	.797	—
x-New York	42	26	.618	12½
x-Indiana	43	27	.614	12½
x-Brooklyn	40	29	.580	15
Atlanta	39	31	.557	16½
Chicago	37	31	.544	17½
Boston	36	33	.522	19
Milwaukee	34	35	.493	21
Philadelphia	26	42	.382	28½
Toronto	26	44	.371	29½
Washington	25	44	.362	30
Detroit	24	47	.338	32
Cleveland	22	47	.319	33
Orlando	18	52	.257	37½
Charlotte	16	54	.229	39½

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	53	16	.768	—
x-Oklahoma City	51	19	.729	2½
x-Denver	49	22	.690	5
x-L.A. Clippers	48	22	.686	5½
Memphis	47	22	.681	6
Golden State	40	31	.563	14
Houston	38	31	.551	15
L.A. Lakers	36	34	.514	17½
Utah	34	35	.493	19
Dallas	33	36	.478	20
Portland	33	36	.478	20
Minnesota	24	43	.358	28
Sacramento	25	45	.357	28½
New Orleans	24	46	.343	29½
Phoenix	23	47	.329	30½

Note: division leaders ranked in top three positions regardless of winning percentage.

x-clinched playoff spot
y-clinched division

Sunday's results
Atlanta 104 Milwaukee 99
Miami 109, Charlotte 77
Chicago at Minnesota
Portland at Oklahoma City
San Antonio at Houston
Utah at Dallas
Philadelphia at Sacramento
Brooklyn at Phoenix

Saturday's results
Detroit 92 Charlotte 91
New York 110 Toronto 84
Memphis 110 Boston 106
Chicago 87 Indiana 84
Denver 101 Sacramento 95
L.A. Clippers 101 Brooklyn 95
Golden State 101 Washington 92

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	32	24	8	0	114	83	48
New Jersey	32	15	11	6	80	86	36
NY Rangers	30	15	13	2	71	73	32
NY Islanders	32	14	15	3	93	105	31
Philadelphia	30	13	16	1	81	92	27

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	31	20	6	5	98	77	45
Boston	30	20	7	3	86	64	43
Ottawa	32	17	9	6	83	70	40
Toronto	32	17	12	3	97	92	37
Buffalo	32	13	15	4	86	100	30

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	32	16	14	2	81	96	34
Carolina	30	15	13	2	85	86	32
Washington	31	14	16	1	89	88	29
Tampa Bay	31	13	17	1	101	95	27
Florida	33	9	18	6	78	116	24

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	30	24	3	3	102	66	51
St. Louis	30	17	11	2	90	83	36
Detroit	31	15	11	5	85	80	35
Nashville	32	13	13	6	80	86	32
Columbus	32	13	13	6	75	85	32

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	30	18	10	2	79	71	38
Vancouver	31	16	9	6	84	83	38
Edmonton	30	11	12	7	72	88	29
Calgary	29	11	14	4	82	101	26
Colorado	30	11	15	4	77	97	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	30	22	4	4	100	76	48
Los Angeles	31	17	12	2	88	76	36
Dallas	31	15	13	3	83	90	33
San Jose	30	13	11	6	71	79	32
Phoenix	31	13	14	4	80	87	30

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
NY Islanders 3 Florida 0
Washington at NY Rangers
Philadelphia at Pittsburgh
St. Louis at Calgary
Detroit at Anaheim
Tampa Bay at Winnipeg
Vancouver at Colorado

Saturday's results
Ottawa 5 Tampa Bay 3
Minnesota 2 San Jose 0
Vancouver 1 Los Angeles 0
New Jersey 2 Florida 1
Buffalo 2 Montreal 1
Toronto 3 Boston 2
Dallas 5 Colorado 2
Nashville 5 Columbus 2
St. Louis 3 Edmonton 0

Monday's games
All Times Eastern
Toronto at Boston, 7 p.m.
New Jersey at Ottawa, 7:30 p.m.
Los Angeles at Chicago, 8 p.m.
Edmonton at Nashville, 8 p.m.
Minnesota at Dallas, 8:30 p.m.
Detroit at Phoenix, 10 p.m.
San Jose at Anaheim, 10 p.m.

GOLF

PGA

ARNOLD PALMER INVITATIONAL
At Orlando, Fla.
Par 72
Partial Final Round

Bubba Watson	74-71-72-67—284
Gary Woodland	70-73-73-71—287
Josh Teater	75-71-70-71—287
Johnson Wagner	76-71-69-71—287
Chris Stroud	72-71-74-71—288
Francesco Molinari	75-71-70-72—288
Sang-Moon Bae	71-69-76-73—289
Bob Estes	71-69-75-74—289
Graeme McDowell	72-74-75-69—290
Nick Watney	69-76-72-73—290
Also	
David Hearn	**75-71-71-73—290**
Graham DeLaet	**76-69-73-73—291**

Leaderboard

	Score Thru
Tiger Woods	-12—2
Keegan Bradley	-9—4
Ken Duke	-9—4
John Huh	-9—2
Rickie Fowler	-9—2
Brian Stuard	-8—5
Mark Wilson	-8—5
Thorbjorn Olesen	-8—3

Horoscopes

♈ Aries
March 21 - April 20
The approaching full moon suggests you will have to deal with someone who annoys you. You may find it hard to turn the other cheek but on this occasion that's exactly what you should do. Don't start a war.

♉ Taurus
April 21 - May 21
Have you taken on too many tasks? It certainly look that way. The planets urge you to cut back on your commitments and chuck out all those old things you no longer need.

♊ Gemini
May 22 - June 21
You will be full of confidence this week, the kind of confidence that makes difficult tasks look easy. Nothing will be beyond you over the next few days that does NOT mean you should try to do everything.

♋ Cancer
June 22 - July 23
The atmosphere on the home front may be a bit touchy during the first half of the week. Full moons have a way of causing upsets but try not to make an issue of things that will soon be forgotten.

♌ Leo
July 24 - Aug. 23
Do you care what people think of you? No, of course not, and with a full moon looming you will care even less. You're a Leo. You're a law unto yourself. Rules are there to be broken – hearts too!

♍ Virgo
Aug. 24 - Sept. 23
An unexpected bill may cause you a bit of grief today or tomorrow but it is nothing to get worked up about. Chances are you will be in the money again before the end of the week, so be positive.

♎ Libra
Sept. 24 - Oct. 23
You may be fearful of something over which you have no control, and that's understandable, but don't let it get to you to such an extent that you find it impossible to take action.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be in one of your more suspicious moods, the kind where even your best friends come under scrutiny. Don't make accusations you cannot prove.

♐ Sagittarius
Nov. 23 - Dec. 21
You may prefer to let others take important decisions but the planets warn you need to step up and take a few of your own, not just for your own sake but also for the sake of friends who depend on you.

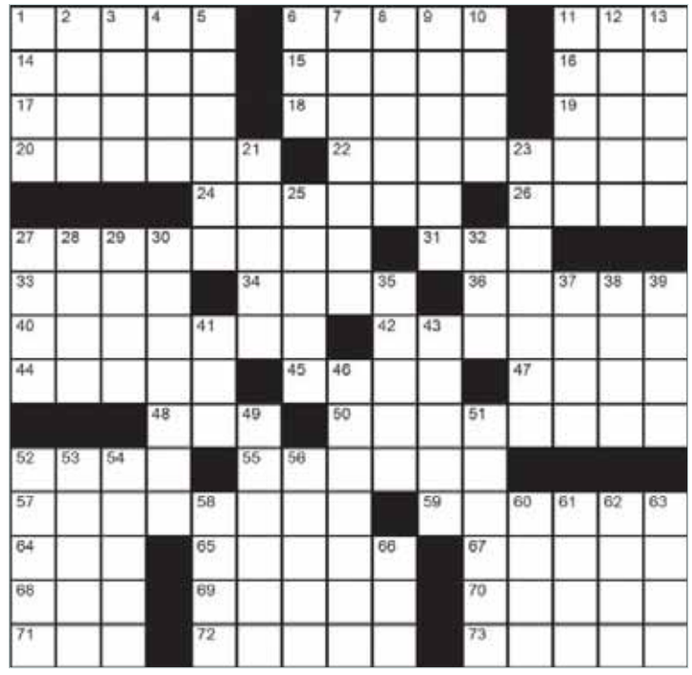
♑ Capricorn
Dec. 22 - Jan. 20
It may be annoying that others expect you to prove what to you is self-evident but that's just the way it is. Powerful people are watching you. It's in your interests to make sure they like what they see.

♒ Aquarius
Jan. 21 - Feb. 19
Do what comes naturally, even if what comes naturally to you is what annoys other people. You have never been one to play by the rules and you see no reason why you should start now. Be true to yourself.

♓ Pisces
Feb. 20 - March 20
Someone is being less than honest with you and who that someone is will be clear when the moon is full on Wednesday. The question then is: what are you going to do? Don't let them get away with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

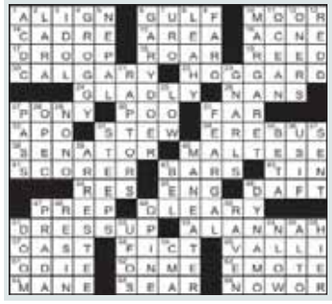
BY KELLY ANN BUCHANAN



Across
1. Flower
6. __-watching
11. Rihanna's "_._._. (Rescue Me)"
14. Grissol product, __ Toast
15. Sky high toys
16. Morn's follower
17. J'__; Nous avions; Vous aviez...
18. Tomato-hitting-the-ground sound
19. __ possidetis (As you possess, at law)
20. "Bridget __ Diary" (2001)
22. When the Hag-gadah is read
24. Assert
26. People: French
27. St. __ (Franco-phone community in Manitoba)
31. Pou __ (Vantage point)
33. __ even keel: 2 wds.
34. Scratcher's woe
36. Violin stroke
40. 9th Prime Minister, Arthur __
42. Large clothing cabinet
44. North and South
45. "Nonsense!"
47. Gumption
48. Late-shift times [abbr.]
50. Mystical creatures
52. Actor, Corbin __
55. "__ and Cleopatra" (1972)
57. "Working for the Weekend" band
59. Citrus fruit
64. Be beholden
65. Like acorned trees
67. Be of service
68. Mattel doll
69. Serviceable
70. Snow: French
71. 'Lion' suffix
72. '80s hit: "__ __ the Girls I've Loved Before"
73. Courtier in Shake-speare's Hamlet

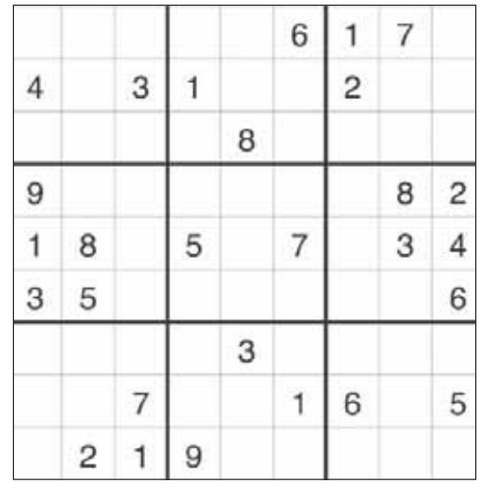
Down
1. Music key, _ __.
2. Prefix meaning 'Left'
3. Mother in Pearl S. Buck's 1931 novel The Good Earth, _-__
4. Off-Broadway theatrical award
5. Mountain range's spine
6. Calendar components, curtly
7. Woodstock attendees
8. Sky's supporter
9. Mosts opposites
10. Ballpark figs.
11. Jeanne __ (Former Governor General)
12. Frequently
13. Teaspoon-in-cup moves
21. Drum kit part
23. Monster of BC's Lake Okanagan
25. Very little
27. Retro-style pop music syllable
28. Count Basie's "__ _'Clock Jump"
29. Hammer's target
30. 1992 k.d. lang album
32. Rum __ Tugger (Cats character)
35. __ idea (Doesn't realize): 2 wds.
37. Whirring sound
38. "So, are you out __ __ then?"
39. Soaks
41. Taxing letters
43. Zoo creature
46. Scream louder than!: 2 wds.
49. Actor, Antonio __ Jr.
51. "__ de Bergerac" (1990)
52. Guy, Brit-style
53. Chad and Rob
54. Makes equal
56. Finnish smart-phone company
58. Really beat, in sports
60. Some li'l roads
61. Hair removal brand
62. 1958 Leslie Caron title role
63. There's none in a power failure, for short
66. First word in Inferno by Dante

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

7	9	6	3	1	8	2	5	4
2	5	3	7	9	4	8	1	6
1	4	8	6	5	2	9	7	3
9	3	2	5	6	1	7	4	8
6	8	7	2	4	9	1	3	5
5	1	4	8	3	7	6	9	2
8	6	5	9	7	3	4	2	1
4	2	9	1	8	5	3	6	7
3	7	1	4	2	6	5	8	9

Today
5°/-3°
Variable

Tuesday
5°/-2°
Variable

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

How do I become a Dentist ?
Explore what you want to be and how to get there.
Visit CareerBear.com to learn more

OttawaGold

Canada's trusted neighbourhood gold buyers

SELL YOUR GOLD WITH PEACE OF MIND

LEARN THE FACTS AND PROTECT YOURSELF

When it comes to buying, selling, refining and recycling precious metals, OttawaGold is the leading, trusted authority in the industry. We are leading the way by providing a trusted tradition of ethical practices, information and education as well as unparalleled service to each and every customer. We have made major investments to acquire state-of-the-art gold testing equipment to assure exact details of the items being tested. You will be involved in each step along the way.

1. *Bring in your unwanted gold, silver and platinum.*
2. *Our friendly and professional staff will test your items right in front of you and involve you in every step.*
3. *Receive your instant on-the-spot payout!*

HERE ARE A FEW WAYS WE TEST YOUR GOLD:

ACID SCRATCH TEST

The first step we use is an acid scratch test. This may be the only test that is used if the test goes well. We scratch the item on a smooth touch stone (similar to slate). This does not damage the piece in any way, but makes a fine mark on the stone.

SPECIFIC GRAVITY MACHINE

The second step that may be conducted is a measurement of your item's density. By weighing the item first on a normal scale, and then underwater, the density is calculated. Since gold is a very heavy metal, the density allows us to calculate the purity of your gold.

WHAT WE PAY...

KARAT	PRICE
1 ounce (9999) Maple Leaf Coins	$1,580.11/coin
9999 Canada Maple leaf, less than 1 ounce	$50.81/g
24k Jewellery	$39.85/g
22k	$36.50/g
E. Indian/Nuggets	$32.36/g
18k	$29.89/g
Dental Gold (yellow)	$24.31/g
14k	$23.23/g
10k	$16.58/g
9k	$14.94/g
Stamped Sterling Silver Jewellery	$0.53/g
Platinum (950 purity)	$35.14/g

Prices updated as of 13/03/22

613.979.GOLD (4653)

Westgate Shopping Centre
1309 Carling Ave, Ottawa

Monday to Friday, 9:30am to 6pm
Saturday, 10am to 5pm • Sunday, 12pm to 4pm

www.OttawaGold.ca